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NEWS&VIEWS

From the front line...to the home front

The Air Force Services Agency's Online Magazine

Air Force Services Agency, San Antonio, Texas -- submissions@agency.afsv.af.mil --

August 2006



New propane grills were used to cook steaks at the 379th Air Expeditionary Wing dining facilities recently. The grills will be used two to three times a week to cook steaks, chicken breasts, hamburgers and sausage. The 379th Expeditionary Services Squadron went through great lengths to get the propane, said Brig. Gen. Ted Kresge, 379th Air Expeditionary Wing commander, who added that grilling the food greatly improves the quality of what is served. (U.S. Air Force photo/ Staff Sgt. Joshua Strang)

Looking for back issues? Go to <http://www-p.afsv.af.mil/NW/archivednews.htm>

FROM THE FRONTLINES

Ali Base holds first Hold'em World Series

By Tech. Sgt. Jeff Thomas
407th Expeditionary Services Squadron

The Ali Base, Iraq, World Series Of Poker was an on-going tournament of 21 Texas Hold'em contests. There were 20 mini-tournaments and the big final tournament.

During the 20 minis people played for points based on their final positions. The points they received decided how many dollars in chips they had to start the final tournament.

Each mini, they started with \$350 in chips. The final contest they started from \$350 to \$600 in chips depending on previous points earned.

Points were given during the mini tournaments based on when they ran out of money.

With 20 or more participants the points were: 10 for 1st; 8 for 2nd; 6 for 3rd; 5 for 4th; 4 for 5th; 3 for 6th to 10th; 2 for 11th to 20th and 1 for 21st on. If there were less

than 20 participants the points for 10th to 19th were slightly modified.

Players had to participate in at least one of the 20 mini tournaments to participate in the final.

The tournament took nearly four months to complete.

Prior to the big tournament, there were seven tournament champions: Staff Sgt. Jesus Reyes, 407th Expeditionary Operations Support Squadron, four wins; Staff Sgt. Kirk Rider, 407th Expeditionary Civil Engineer Squadron, two wins; Senior Airman Kenneth Dunham, 407th Expeditionary Communications Squadron, two wins (only back-to-back winner); Master Sgt. Dennis Dubuque, 407th ECES, one win; Staff Sgt. Justin Martin, 407th EOSS, one win; Staff Sgt. James Trussell, 407th Expeditionary Logistics RS, one win; and Senior Airman Melissa Curry, 407th CS, one win.

During the 20 mini-tournaments they played for points only. During the final tournament they played for AAFES gift certificates.

All tournaments were held at the Big Top Recreation Center. The overall winner will be announced shortly.



Players take their turn during a recent match. (U.S. Air Force photo/Master Sgt. Jon Hanson)

A Services guest commentary

Luke SVS team goes above, beyond



Brig. Gen. Robin Rand
56th Fighter Wing commander
Luke Air Force Base, Ariz.

Every time I hear the "TSssss" from the Sizzlin' Services team, it makes me smile to know that the 56th Services Squadron, with 70 military and more than 400 civilians, is here at Fighter Country providing world-class support for the Thunderbolt mission.

There's no doubt this team is at the top of their game.

Our Services team clearly stands out above all others when it comes to programming special events. Not many bases can boast having an annual base tree lighting celebration with a Christmas craft market, a

boys choir, hay rides, petting zoo, train rides, a live manger and 27 tons of snow.

How about that phenomenal Thunderbolt Appreciation Day? The Sizzlin' Services team pulled out all the stops back in November on the heels of the operational readiness inspection and provided nearly 24 hours of free food, fun and games for the entire Thunderbolt community.

The spectacular events just keep getting better and better.

Not only does the Services team stand out when it comes to programming special events, but they sizzle on a daily basis when it comes to service.

This diverse organization provides care for our children, feeds us, gives us temporary homes for our families and students, helps us stay fit, provides recreational outlets that keep us sharp, and cares for our fallen warriors through the mortuary affairs and honor guard programs. They are always looking for ways to improve service.

In the past year, Services expanded the outdoor adventure

programs, increased the size of the RV storage facility, upgraded the equipment at the auto hobby shop, opened 42 new Temporary Lodging Facility rooms, replaced the furniture in the dining facility and renovated the Outdoor Recreation Office.

They're currently working on completing the East Side Fitness Center, which will open soon, and they recently started a \$100,000 project to improve the community center. They are also working with the help of the Arizona Diamondbacks to construct a new youth baseball field.

In short, the Sizzlin' Services team never stops looking for ways to improve the quality of life for the Luke community. There is good reason for the Services team to celebrate and have an "Olé LeMay" fiesta.

They are "Sizzlin' Hot" and I'm confident the Air Force LeMay evaluation team will leave Luke knowing that the 56th Services Squadron is the best in the Air Force and right on target in their support of the Thunderbolt mission.

USAF SERVICES

NEWS & VIEWS

From the front line...to the home front

The Air Force Services Agency's Online Magazine

The **News & Views** is published monthly by the Air Force Services Agency. Send comments, suggestions or submissions to: submissions@agency.afsv.af.mil or steve.vanwert@agency.afsv.af.mil.

The editorial content is edited, prepared and provided by the Public Affairs office of Air Force Services Agency. All photographs are Air Force photographs unless otherwise indicated.

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Airman and Family Readiness, Services personnel provide essential support to Lebanon evacuees

By Maj. Nate Chine
Chief, Readiness Plans, Services
Headquarters

Airman and Family Readiness Flight and Services personnel were recently called upon to provide essential support to the Department of State's efforts to expeditiously and safely evacuate U.S. citizens from Lebanon.

At Incirlik Air Base, Turkey, the Services team spun up Patriot Village (formerly Tent City) to support thousands of evacuees (see companion story on page 6). The Services Community Support Flight Chief, Christopher Skully, served as "Mayor" and the entire Incirlik team rallied to provide support.

"What an incredible experience it has been to assist these displaced persons by providing basic human needs like food, shelter, comfort, Medics, and most importantly communication channels with their relatives in the states," Mr. Skully said. At their peak, the Incirlik team served 1,100 meals three times a day.



At Incirlik Air Base, Turkey, Lebanese-American citizens prepare to depart Patriot Village aboard charter flights to the United States. (U.S. Air Force photo/File)

While enroute to the United States via 19 C-17s, evacuees were given similar outstanding support during stopovers at Ramstein AB, Germany. The 435th Services Squadron's Food Service team, led by squadron commander Lt. Col. Ben Ward, rapidly sprung into action serving approximately 1,800 evacuees a quality hot meal during brief layovers. Part of that layover also included a visit and sincere thank-you to the Airmen of the 435th Airlift Wing from the United States Ambassador to Germany, the

Honorable William R. Timken, Jr. To ensure their fellow U.S. citizens were well taken care of for the remainder of their trans-Atlantic flights, the Food Service team said good-bye by providing nutritious flight meals to evacuees and their family members as they boarded the superior United States transporter and airlift workhorse.

According to Lt. Col. Ben Ward, the Food Service team spun into action from a "cold" starting point to operating at a surge capacity in less than 8 hours!

After a terrific send-off from Ramstein, the evacuees were once again greeted and well taken care of by the McGuire Air Force Base, N.J., team. McGuire's Airman and Family Readiness Flight personnel worked 12+ hour shifts processing evacuees and entering personal information into a central data bank. These troops manned 18 phone banks allowing toll-free CONUS dialing and helped evacuees

Lebanese-American citizens fill out paperwork while preparing to depart Incirlik's Patriot Village aboard charter flights to the United States. (U.S. Air Force photo/File)



Continued on next page

From Patriot Village to McGuire ITT, Lebanon evacuees supported by SVS *continued from page 4*

with their final destination arrangements via 10 internet-enabled laptops. McGuire's Services Squadron provided hot meal support to transiting aircrews, as well as 985 flight meals to evacuees, non-governmental organizations, air marshals, and operations center staff members. The McGuire Lodging team secured 100 on-base accommodations for mission essential personnel and assisted overnight evacuees with accommodations off base. The Information, Tickets and Travel team offered free assistance for those evacuees in need of onward destination flights.

Col. Michael "Hutch" Hutchison, McGuire AFB's Mission Support Group Commander summarized the efforts of his "Can-Do" warriors as "fantastic" and had high praise for the members of the team. "Hats off to these selfless Airmen who made it happen when called upon," he said.



The Honorable William R. Timken, Jr., U.S. Ambassador to Germany, speaks with displaced Americans at the Passenger Terminal at Ramstein Air Base, Germany, on July 25. Ramstein provided humanitarian assistance for American citizens departing the Lebanon crisis on their way to the United States. (U.S. Air Force photo/Airman Amber Sorsek-Bressler)



Gen. Tom Hobbins, U.S. Air Forces in Europe commander, thanks Airmen and the German government for their support at a press availability at Ramstein Air Base, Germany, July 25. General Hobbins also hosted Ambassador William R. Timken, Jr., U.S. Ambassador to Germany, who visited Ramstein on behalf of President George Bush, thanking the troops for their support with the current humanitarian efforts. (U.S. Air Force photo/Staff Sgt. Angela Malek)



Personnel from the Sultan's Inn Dining Facility at Incirlik, pictured here at the "Clamshell" dining facility at Patriot Village, served 1,100 meals, three times a day to Lebanon evacuees. (U.S. Air Force photo/File)

Incirlik's Patriot Village helping Americans displaced from Lebanon

By Lori Burling Alves
39th Air Base Wing Public Affairs

Incirlik Air Base has proven to be up to the challenge of building a temporary home for displaced American citizens fleeing a bombed Lebanon.

"It's been a 48-hour around-the-clock process of preparing this area f(or the American citizens leaving Lebanon)," said Christopher Skully, 39th Services Squadron community support flight chief. "It's been a team effort from nearly every squadron or group on base."

More than two dozen American citizens displaced from Lebanon arrived at Incirlik, and more than 3,000 are expected. They are being housed in Patriot Village, an area on base where thousands of Airmen were housed before the start of Operation Iraqi Freedom. The area had been vacant until word was received that these civilians would be arriving in Turkey.

Since then, the village has been cleaned and equipped with all the essentials the visitors will need, including security.

"Once they arrived they were given a badge and assigned an Air Force sponsor," said Airman James Shaffer, 39th Security Forces Squadron patrolman.

The Patriot Village Community Center acts as a command hub in the center of the village, equipped with nearly two dozen direct-dial telephones to the United States, eight computers with wireless Internet access, a television and a first aid station.

The center is adjacent to a temporary outdoor recreation office, a travel agency and a base exchange. A temporary dining facility has been constructed and sleeping units with bathrooms surround the community center. The new Patriot Village residents are staying eight-to-a-room and are separated by gender, Mr. Skully said.

"The most important thing is to ensure that once people get here, they have the means to contact their families in the States and make arrangements for their departure," he said. "We're providing an open line of communication for them."

The length of the visitors' stay is expected to be short. Onward movement options range from contract air from Incirlik, to travel arranged by the base Information, Tickets and Tours office.

Services is also providing a temporary recreation station that allows the displaced citizens a place to check out books, magazines, board games and sports items.

Spirituality has not been forgotten. Incirlik's team of chaplains are



Lt. Col. Dale Bruner talks to members of the State Department at Incirlik Air Base, Turkey. American citizens who departed Lebanon are arriving at the base for a short stop before traveling on to the United States. Colonel Bruner is commander of the 39th Services Squadron. (U.S. Air Force photo/Master Sgt. Bob Herron)

working to provide the appropriate materials, counselors and services for worship.

Civilian residents are also helping in the effort. Many military spouses have helped clean the village, made beds and are manning the recreation station.

"Patriot Village can hold up to 1,800 people. That's a lot of beds and a lot of linen. The spouses have been great in helping," Mr. Skully said.

As for the Americans displaced from Lebanon, most were trying to contact family in the United States. Others were resting after many hours of travel by car, boat and bus.

"They all seem very grateful for the care they are receiving," Mr. Skully said. "Most of them have been traveling for days and are just tired and trying to get some rest."

Coming to a 'theater' near you

By Lt. Col. Tammi Moes
Chief, Armed Forces Entertainment

For those new to the term "Armed Forces Entertainment," and as a refresher to those aware of our program, our mission is to help America's brightest stars entertain America's brightest hopes overseas. Whether chilling out with the melodic tunes of Chely Wright or jamming out with Puddle of Mudd, laughing until you cry with Comics on Duty or learning some new close

combat moves from World Wrestling Entertainment superstars, AFE brings our troops serving in far off lands a touch of home.

Since 1951, AFE has made sure that no person serving abroad is ever too far removed from the United States. Through music, comedy, star appearances, and much more, AFE moves over land and sea to bring a piece of American culture to military personnel stationed overseas, with special priority given to troops serving in remote and isolated locations, on

ships at sea, and in contingency operations. The entertainment is free, reaches over 370 military installations worldwide, and includes some of the best talent America has to offer.

To learn more about our program and what's coming to a "theater" near you, visit our website, www.armedforcesentertainment.com. You can also provide us feedback on tours you've seen or suggestions on what you'd like to see down range.



Profession of Arms

The all-woman color guard detail of Staff Sgts. Angie Hernandez-Torres and Rhonda Jeter, Tech. Sgt. Matilda Mahone and Senior Airman Tamika Masters lead the parade at a basic military training graduation ceremony at Lackland Air Force Base, Texas, that honored the legacy of women who served in the Women's Air Force and all women who have shared in the profession of arms. (U.S. Air Force photo/Master Sgt. Scott Wagers)

'A Place to Play'

Community Center boasts countless activities for Davis-Monthan community

2nd Lt. Levi Davis, 355th Civil Engineer Squadron, prepares to move his queen during the recent base chess championship at the Community Center.



Story and photo by Chris Sweeney
355th Services Squadron

The Davis-Monthan Air Force Base, Ariz., facility for recreational and community activities literally has hundreds of activities for D-M Airmen and their families.

The Desert Lightning Community Center's motto "A Place to Play" is almost an understatement.

"You'll never be bored in our community center," said Nerissa Atkisson, community center director. "We have an amazing staff who's here to ensure our patrons find just what they're looking for to stave off any possibility of boredom."

The center has dozens of table games including pool tables, air hockey, ping pong, shuffleboard tables and board games. Patrons who need computer access can check into the Cyber Connection where 14 high-speed computers are available.

There is also a high tech video game room and a home theater room with a large selection of DVDs available.

"We're always looking for more ways to help customers stay

occupied with fun and engaging activities," Ms. Atkisson said. "Our facility is within walking distance to all of the dormitories and conveniently located near many of our D-M units. The center is really the hub of community activities for D-M."

"Something that we're very proud to offer customers is our extended hours throughout the week," said Wendy Ozment, Services Family Member Programs flight chief. "The center is open seven days a week, including weekends and holidays, until 1 a.m. That's almost 90 hours of accessibility for our patrons and best of all, use of the center is free for everyone."

"Another area we're proud to offer is our signature and trademark events and programs,"

Ms. Atkisson said. "We are responsible for no less than a dozen large events throughout the year. We also work closely with other D-M agencies and services activities on annual events like Tops in Blue, Best of the West Basketball Tournament, Services Expo, Day in the Park/Spring Fling and the Starry Snowy Southwest Night."

"This year we will again be hosting the Air Force Chess Tournament," Ms. Atkisson said. "It's the second consecutive year hosting the event, and we're happy to announce we have the reigning Air Force champion right here at D-M, Staff Sgt. Robert Keough of the 79th Rescue Squadron."

The tournament winner will go on to compete in the North Atlantic Treaty Organization chess tournament.

"Our community center is dedicated and tasked with serving singles, families, spouses, seniors, retirees and youth with innovative programs that increase the overall quality of life on D-M," Ms. Atkisson said.

"We want to support the overall Air Force vision by focusing on building a sense of community and creating ways for people to connect with one another. We believe our outstanding community center programs accomplish these goals."

FROM THE FRONTLINES

Charlie Daniels Band entertains the troops



The Charlie Daniels Band plays for military members of Ali Base, Iraq, recently, as part of Stars for Stripes, a nonprofit organization that works with Armed Forces Entertainment and U.S. Army Europe Morale, Welfare and Recreation to bring celebrity entertainment to remote sites. The Charlie Daniels Band has been entertaining U.S. military troops around the world for more than 35 years. (U.S. Air Force photos/ Staff Sgt. Valerie Smith)

Toby Keith performs at FOB Warhorse, Iraq

Servicemembers enjoy country music performer Toby Keith during his visit to Forward Operating Base Warhorse, Iraq. The base in the Diyala Province was the first stop on Mr. Keith's USO tour. (U.S. Air Force photos/Tech. Sgt. Ken Bergmann)



Left, country music performer Toby Keith performs for servicemembers at Forward Operating Base Warhorse, Iraq.

Below, country music performer Toby Keith and his songwriter Scotty Emerick perform for servicemembers at Forward Operating Base Warhorse, Iraq.



Luke Airmen score NASCAR tickets for PIR

By 2nd Lt. Phil Ventura
Luke Air Force Base, Ariz., Public Affairs

More than 500 Airmen gathered at Luke Air Force Base, Ariz., recently to meet a NASCAR driver and score free tickets to the NASCAR NEXTEL Cup race at Phoenix International Raceway.

The event was the first for "Salute to Military Families," a program that was established by the raceway and is funded by a variety of military-supportive corporate sponsors including Gatorade, Sprint/NEXTEL and Famous Dave's Bar-B-Que.

While NASCAR's number 07 driver, Clint Bowyer, brought a level of celebrity to the event, he made sure that

the fanfare was directed towards the Airmen in attendance instead of himself.

"This is a chance for us to give back to you all who give so much to keep our country free," Mr. Bowyer, a leading contender for NASCAR's Rookie of the Year honors, said.

Mr. Bowyer's intent was not lost on the crowd, which was lined up hundreds of people deep to meet him an hour before he arrived.

"It means a lot that they care about us and the sacrifices we are making," said Staff Sgt. Andrew Smith, 56th Equipment Maintenance



Hundreds of Airmen waited in line at Luke Air Force Base, Ariz., to pick up free tickets for an upcoming NASCAR race at Phoenix International Raceway. The raceway's program, "Salute to Military Families," also provided the Airmen with a chance to meet NASCAR driver Clint Bowyer, eat a free barbecue lunch and race in a stock car simulator. (U.S. Air Force photos/Master Sgt. Michael Burns)

race, said Jennifer Greenwood, 56th Services Squadron Sponsorship manager. But, according to Bryan Sperber, the president of Phoenix International Raceway, as more sponsors learned about the opportunity to give back to military members, the more they bought up seats to give away.

"The additional support of NASCAR drivers and teams has been incredible and further demonstrates the importance of this program," Mr. Sperber said.

In addition to picking up tickets, Airmen enjoyed a free barbecue lunch, had a chance to compete against one another in a stock car simulator and take photos with a NASCAR Nextel trophy.

Brig. Gen. Robin Rand, 56th Fighter Wing commander, thanked Mr. Sperber for organizing the event and thanked Mr. Bowyer for meeting with Airmen.

"We appreciate how you represent our country," General Rand said. "NASCAR truly is an American sport."



Brig. Gen. Robin Rand, 56th Fighter Wing commander, presents Luke Air Force Base's coin to NASCAR driver Clint Bowyer in appreciation for his visit. Hundreds of Airmen turned out to meet the driver, who is a leading contender for NASCAR's Rookie of the Year honors.

Squadron crew chief, who was waiting in line for tickets to the April 22 race.

Staff Sgt. Smith was able to pick up two of the more than 700 tickets given away during the event, courtesy of the "Salute to Military Families" sponsors.

Initially, Luke expected to receive 500 tickets for the



Outdoor Rec revitalizes at Menwith Hill

John Bialke, the 421st Air Base Group Deputy Director, cuts the ribbon during RAF Menwith Hill's Outdoor Recreation grand opening. (U.S. Air Force photo/File)

By Debra Czajkowski
Director of Services, RAF Menwith Hill

When the Air Force took control of outdoor recreation from the Army in at RAF Menwith Hill, it recruited a new outdoor recreation manager, Clive Higgs, who quickly stood up an ODR program that offered a wide range of activities, retail items and self-directed customer resource opportunities.

With the most recent recruitment of the ODR program manager, Graham Clethero, and opening its new outdoor recreation facility, RAF Menwith Hill's programs and sales have skyrocketed. The new facility gives ODR the visibility it needs with its central location and window display of retail items and equipment. The customer reference area shows the local region, biking and hiking trails, and camping sites.

RAF Menwith Hill offers a full seasonal program of activities to the base community. Canoeing and kayaking classes are available throughout the summer, with the opportunity to gain British Canoe Union personal proficiency certification. Two canoe camp weekends and two white water rafting weekends are also offered.

Full-day and evening hikes are offered between April through to September, with walks ranging from an easy 3-mile riverside strolls to the challenging day-long mountain hikes. There is also the Lake District weekend hike that takes you through the falls.

For the cycling enthusiast, there are opportunities to go off-road mountain biking, road cycling and on a four-day coast-to-coast ride.

There are day trips offering mountain climbing and rappelling, as well as a Labor Day Weekend

Family Activity Camp in the Lake District, with opportunities to hike, bike, canoe or maybe just relax.

Our rental and loan program support all of these activities, giving the more motivated customers to pursue their chosen activity without the need to purchase expensive equipment.

If you are passing through northern England, you can always stop by the RAF Menwith Hill Outdoor Recreation to find the best activities and places to suit your needs.



I Love Randolph

From left, Randolph Air Force Base, Texas, Fitness Center recreation aides Natasha Collier and Markela Babb plant flowers outside Hangar 70 as part of I Love Randolph Week, an annual five-day clean-up project where base individuals and organizations help beautify the base. Cleaning, landscaping and painting were some of the ways Team Randolph members pitched in. (U.S. Air Force photo/Jennifer Valentin)

At RAF Croughton

Future stars take to the stage



Left, Erica Cavender sings 'Runnin' Back To Me.' She wrote the music and lyrics for her original song. She won Best in Show for the 12-18 year olds. (U.S. Air Force photos/Senior Master Sgt. Joseph Carenza)



Above, Jonathan Robinson (left) accepts his award as 6-11 Year Old Best in Show from Martin Fairhurst, RAF Croughton Youth Center director. He won for his drum solo.



Winners from the annual Youth and Teen Talent Show at RAF Croughton strike a pose for the camera.

USAFE Idol rocks Liberty Wing

By RAF Lakenheath Public Affairs staff

Ten Liberty Warriors took to the base theater stage for a night of showmanship and friendly competition recently during the RAF Lakenheath leg of the USAFE Idol talent contest. However, they didn't have the added nervousness of being publicly ridiculed by the judges.

The contest, open to all active-duty Airmen assigned to the 48th Fighter Wing, brought performers from as far away as Naval Air Station Keflavik, Iceland. Singers belted out hits from such varied genres as rhythm and blues, folk and country to an audience of 200 or so friends and family members.

Before the show, a few of the performers were standing around behind the auditorium, making small talk, trying their best to ignore their creeping nervousness.

"I'm as ready as I'll ever be," said Senior Airman Jamaal Smalls, 48th Security Forces Squadron.

"This is going to be a great night," said Col. Jay Silveria, 48th Fighter Wing vice commander, as he kicked off the evening before handing master of ceremonies duty off to Senior Airman Wes Auldrige, 48th Fighter Wing Public Affairs office.

Judges for the night were Colonel Silveria; local vocalist, Angelica Colon; and U.S. Air Forces in Europe's Direct Hit band vocalist, Staff Sgt. Craig Bowman.

The seven contestants each had the opportunity to perform one song for the crowd while being accompanied by Direct Hit.

"I was in complete shock. All the other competitors should be extremely proud of their performances. If it were three different judges there would have been a different winner. You just never know what to expect," Master Sgt. Doug Gosselin said.

Sergeant Gosselin will now travel to Ramstein Air Base, Germany, to compete against the winners from other bases across the command.

Other singers included Staff Sgt. D'Arcy Pullen, 48th Services Squadron; Master Sgt. Christopher Kaufman, 48th Component Maintenance Squadron; Airman Smalls, 48th Security Forces Squadron; Staff Sgt. Denise Santiago, 48th Mission Support Squadron; Airman 1st Class Andrew Satterfield, 48th Medical Support Squadron; Airman 1st Class Chris Cordero, 48th Aerospace Medicine Squadron; Airman 1st Class Chrystal Benning, 48th MSS; and Senior Airman Blake Hines, 494th Fighter Squadron.



Master Sgt. Christopher Kaufman, 48th Component Maintenance Squadron EGRESS chief, sings at the USAFE Idol competition at the base theater recently. His singing roots began in church choir in Abilene, Texas. He has been involved with bands and music for the last 10 years. (U.S. Air Force photo/Airman 1st Class Michael Hess)

Play ball

Members of the Patriot Honor Guard from Hanscom Air Force Base, Mass., participate in a joint-service presentation of the colors during the 2006 Boston Red Sox season opening ceremony at Fenway Park in Boston. The Red Sox defeated American League East rivals, the Blue Jays, 5-3. (U.S. Air Force photo/Mark Wyatt)



NAF-T Report:

Benefits of the new AFSFMS payroll module

By Air Force Services Agency/SVT Staff

As part of the four-phased, multi-year enterprise resource plan, known as Nonappropriated Funds Transformation or NAF-T, the modernization of Air Force Services business practices includes replacing the COBOL-based legacy NAF payroll system with a COTS solution.

The current NAF payroll system, NAF Management Information System, is being replaced with the Air Force Services Financial Management System payroll module.

Why replace NAFMIS?

The decentralized NAF payroll system, originally developed in 1972 using COBOL software, can no longer accommodate Air Force Services requirements and is not cost effective to maintain.

Continuing use of the system jeopardizes all NAF payroll processing, as finding experts to maintain the outdated program code is very difficult.

Additionally, the system does not meet current best accounting practices. The current system requires every base maintain its own set of servers and process NAF payroll locally with virtually no automated interfaces between any

of the installation sub-systems; thus, manual re-entry of data is required.

These servers also do not support AF NAF retiree or portability employee payroll. Payroll processing is time-consuming and extremely labor intensive under NAFMIS.

Moving to the new NAF Payroll Module in AFSFMS has many benefits.

Benefits of Using the AFSFMS payroll module:

- Eliminates duplicate entry of Human Resources data by payroll technicians
- Automated interface with the Defense Civilian Personnel Data System (DCPDS) transfers data from DCPDS to AFSFMS
- Eliminates manual entry of garnishments on flex employees
- AFSFMS automatically calculates garnishments for flex employees
- Standardizes all NAF employee pay processes under one system
- Will pay base, headquarters, reserve and retired personnel
- Consolidates portability pay data
- Automated interface with the Time Management System transfers time and attendance data from TMX to AFSFMS

- Provides accurate state tax calculations each month

- Receives monthly updates of changes to all State Tax calculations from VerTex, Inc.

- Simplifies state tax reporting

- Can deduct state taxes for more than one state

- Deducts local and county taxes

- Provides employees more detail on their Leave & Earnings Statement

- Electronically manages FICA/401K maximum limits for employees transferring between bases

- Automatically computes retroactive pay and deductions

- Based on time and attendance data from the Time Management System (TMX)

- No longer perform manual retro pay calculations for pay adjustments

Summary:

Implementing the new AFSFMS Payroll Module streamlines the processing of payroll documents and reduces on-line errors.

Also, NAF employees will have the capability to view their Leave and Earnings Statements and make payroll-related changes through the on-line web site, "My Money."

Feeding the force

Snack bar workers ensure Robins eats well

By Holly Birchfield
Robins Air Force Base, Ga., Public Affairs

Making sure people at Robins Air Force Base, Ga., have plenty to eat makes Rose Glaze's and Addie Williams' day.

Mrs. Glaze, a base restaurant snack bar operator, and Mrs. Williams, a retail annex operator, provide all kinds of food to hundreds of hungry military and civilian customers at Rose's Cafe, the snack bar in Bldg. 210.

The aroma of freshly-brewed coffee fills the air, as Mrs. Glaze gets ready for the morning rush of customers looking for a cup of 'Joe' or a bite to eat.

"When I come in, the first thing I do is I make coffee and check the food," she said. "I make sure everything is OK before I open my doors at 6:30 a.m."

From sausage and biscuits to eggs and grits, Mrs. Williams said she and her co-worker, who she fondly calls "Rosie," work hard to make sure customers get what they want.

"A typical work day here is when you come in and run out of coffee by 7 or 7:30 a.m.," she said. "When you open this door at 6:30 a.m., they're in here wanting coffee."

Lunch is just as busy, serving up various hot and cold plates, but the duo say they know that working together is the only way to meet the customers' needs.



Rose Glaze chats with a customer while Addie Williams prepares a sandwich at the snack bar. (U.S. Air Force photo/Sue Sapp)

"When she needs help, I help her and vice versa as far as keeping the store stocked and keeping it clean," Mrs. Williams said. "The job has got to be a team effort, because if you don't work as a team, the job will be hard all day."



Pride, professionalism

The Vandenberg Air Force Base, Calif., Honor Guard welcomes Lt. Gen. Trey Obering, Missile Defense Agency director, and Deputy Secretary of Defense Gordon England as they arrive at Vandenberg for the dedication of the Ronald W. Reagan Missile Defense Site. (U.S. Air Force photo/Staff Sgt. Jamie Lessard)

Services squadron shows 'BEST' hospitality

First Lt. Tyson Edwards (top) helps move bunkbeds at Manas Air Base, Kyrgyzstan. Airmen deployed to the 376th Expeditionary Services Squadron spent the first two weeks of their deployment creating more than 500 bedspaces for troops processing through the base en route to and from Afghanistan. (U.S. Air Force photos/Staff Sgt. Lara Gale)



By Staff Sgt. Lara Gale
376th Air Expeditionary Wing Public Affairs

FROM THE FRONTLINES

Since January, hundreds of prizes have been passed out at bingo games, dozens of entertainers have passed through, and personal trainers have spent more than 1,000 hours helping people meet their fitness goals here.

"But what I wish I knew more than anything," said 1st Lt. Tyson Edwards, "is the number of bunk beds we have moved."

During this rotation, the 376th Expeditionary Services Squadron at Manas Air Base, Kyrgyzstan, served the most transient servicemembers the base has seen in any four-month period.

The flow started almost as soon as the services troops deployed here, said Lieutenant Edwards, deputy chief of the squadron.

"We easily created 500 bed spaces in the first two weeks," he said.

Tents set up as permanent party dorms had to be rearranged. Wall partitions and furniture were moved and bunk beds were brought out of storage to allow 25 people per tent.

In February, even with the increase in bed spaces, there were times preparations were made to set up cots in the fitness center, he said.

That last resort was never necessary, but had it been, they would have made it work, he said.

"It was really amazing to see our team come together," the lieutenant said. "They were literally putting up beds as people were moving in; it was insane."

Meanwhile, the lodging team worked to channel the flow of people — not an easy task in the middle of a flood, said Master Sgt. Teriann Shell, lodging superintendent.

"The processes we normally have in place just don't work when you have this many people coming through," she said.

Daily plane loads of troops moving in and out of Afghanistan began soon after her team's arrival. Within two weeks she and her team had a process in place to assign the troops lodging before their planes ever touched the ground.

The hungry troops also filled the dining facility, which served more than a half-million meals between Jan. 1 and May 1. When a large shipment of food supplies came in, more than 20 Airmen helped with the unloading.

"People just getting off shift walked by and saw services folks working and they just jumped in,"

Continued on next page



Manas Services troops 'BEST'

continued from page 16

Soldiers file into "clamshells" at Manas Air Base, Kyrgyzstan, where they await transportation to Afghanistan. Record-breaking numbers of servicemembers passed through the base en route to and from Afghanistan over the past four months. The 376th Expeditionary Services Squadron troops were responsible for sheltering and feeding them while running morale and welfare programs for more than 1,000 permanent party on base.

said 1st Lt. Lindsay Blaise, deputy chief of services in charge of morale, welfare and readiness.

The Airmen spent countless hours in details, she said. Teamwork was key for this deployment.

"This is an awesome team," she said. "You couldn't have asked for a better group of troops. The morale is the best I've ever seen."

It helped to have encouragement from the top, said Lieutenant Edwards.

"(Our squadron commander) expects a lot (from) people, but his philosophy is, if you take care of the people, they will take care of the customer."

The services team had the incentive of getting "BEST" cards — an idea that the 376th ESVS commander, Lt. Col. Russel Cutting, uses in his squadron at Nellis Air Force Base, Nev. Three BEST cards means a day off for the recipient.

"I have a very easy vision," he said. "To be the BEST. 'B' — be enthusiastic. 'E' — energized to get

the mission done. 'S' — show a sense of urgency. 'T' — team: together everyone accomplishes more.

"Show those elements in your particular area, I don't care what you do — if you're at (the rec center), get that guy his ping pong paddle — and you will be successful," Colonel Cutting said.

The example set by his deputies was important, too, said Master Sgt. Erik Dupree, who served as first sergeant this rotation. There wasn't a detail they didn't participate in.

"Everybody needs a bed and everybody needs to eat," Lieutenant Edwards said. "But we wanted to do well at everything."



Staff Sgt. Daryl Watkins leads Airmen in a step-aerobics class at the fitness center at Manas Air Base, Kyrgyzstan. The center's classes are popular with permanent party and transient personnel.

Sportstacking sweeping Vogelweh youth

By Jacki Proctor
Director of Vogelweh Youth Programs

Sportstacking™ is a new craze sweeping the world and Vogelweh Air Base, Germany, Youth Programs.

Simply put, sport stacking is an exciting individual and team sport where participants stack and unstack 12 specially designed plastic cups (Speed Stacks) in pre-determined sequences.

Sports stacking not only develops important skills, such as hand-eye coordination, dexterity and focus; it also promotes self-confidence, teamwork and good sportsmanship.

A variety of creative games and competitions make this a good physical and aerobic activity that is fun and captivating and it gets children up, gets them out and gets them fit.

With more than 150 participants, Vogelweh Youth Programs currently offered lunchtime opportunities at Kaiserslautern Middle School on Wednesdays and Vogelweh Elementary school on Thursdays, as well as sport stacking club each Thursday afternoon at Vogelweh Youth Programs, Bldg. 1057.

While it is a competitive sport, the real challenge and allure is in attempting to beat personal timed scores and youth (and parents) can be seen enthusiastically racing to beat the clock on almost any given day.

After completing several rounds of the 3-3-3 stack Natalie DeLeon, 9, was overheard saying "I'm Miss 3.84! My best time!"

Vogelweh Youth Programs are currently preparing to host the first tournament opportunity during

Freedom Fest 2006, sanctioned by the World Sports Stacking Association. Divisions range from 4 and

under to Seniors (60 and above) with individual, doubles and team relay timed competitions.



Vogelweh Air Base, Germany, youth practice Sportstacking, a competitive individual and team sport where participants stack and unstack 12 specially designed plastic cups in pre-determined sequences. (U.S. Air Force photo/AI Coleman)



Natalie DeLeon, left, raises her hand in victory, indicating she's completed her round of 3-3-3 stacking. (U.S. Air Force photo/Jacki Proctor)

Cleaning Moody one car at a time

New carwash facility increases patronage

By Traci Vraniak
347th Services

Recently, the Moody Air Force Base, Ga., Arts & Craft Center held a grand opening for their new \$800,000 carwash facility.

"We welcome this first class facility to the base and are very excited about both the convenient location and the opportunity we have to enhance our morale, welfare and recreation programs from its use," said 347th Mission Support Group commander, Col. James Galloway III.

This project was funded through the Air Force Services NAF Construction Program.

Construction began in July 2005 and over the course of 8 months the facility went from 120 square feet to the new 2,235 square foot facility.

The old carwash, constructed in 1953, was located a block away from the main building, which made the maintenance and grounds keeping more difficult.

The Moody Arts & Crafts Center is centrally located and having the new carwash adjacent to the building is more convenient. Staff members can now keep a better eye on the facility as it is much closer.

This new facility contains two manual stalls and one automatic touch less wash system, as well as two vacuum islands. The vacuum islands give patrons the opportunity to spray fragrance, shampoo as well as vacuum their interiors.

The carwash pricing is based of the surrounding area but still offers the military added benefits.

"The carwash has been programmed allowing longer wash times for the automatic and self serve bays," said automotive supervisor, Roland Goff.

Aside from the variety of services available the system accepts various forms of payment.

Another benefit of this Jim Colman system is that patrons have touch screens and a credit card option. Patrons may use coins, bills or charge cards to pay for their services. There is a central payment that allows patrons to swipe their charge card and then use various functions.

This swipe and clean payment center also allows for prepayment of extended services.

According to Mr. Goff, "...all the customer has to do is put their code into any area they want to use and the computer will deduct that amount," keeping a running tally on the services used and the remaining balance. Since it's opening, the carwash has generated an influx of patrons. The increase in patronage results in an increase of profits. The credit card option is projected to triple the sales but at Moody it has far exceeded that expectation.

On average the Moody Carwash has generated \$1,000 in revenue per week. Colonel Galloway said, "It is equal to or better than any self-service car wash in the area and the profits generated go right back into the Moody community."



From left, Traci Vraniak, Moody's Arts & Crafts director; Col. James Galloway III, 347th Mission Support Group commander; and Roland Goff, Moody's Auto Shop manager; cut the ribbon at Moody's new car wash. (U.S. Air Force photo/Staff Sgt. Manuel Martinez)



Inn at Davis-Monthan wins ACC Innkeeper award third year in a row

Staff Sgt. Royal Manning, 355th Services Squadron lodging front-desk supervisor, performs a systems check on the Universal Message Manager, a system that manages all of lodging's incoming phone messages and ensures they go to the correct guest. The system can manage an unlimited number of phone messages on a daily basis. The Inn at Davis-Monthan won the 2006 Air Combat Command Innkeeper Award for the third year in a row.

Story and photo by Chris Sweeney
355th Services Squadron

The Inn at Davis-Monthan Air Force Base, Ariz., won the 2006 Air Combat Command Innkeeper Award for the third year in a row, Lt. Gen. William Fraser III, Air Combat Command vice commander, announced recently. The inn was selected as the best large base lodging operation in ACC.

They attribute their success to teamwork, a successful guest training program, superior customer service and timely and aggressive responses to guest feedback.

"Our lodging team continually looks for ways to improve their service to our guests," said Capt. Alyson Miller, 355th Services Squadron combat support flight commander. "They take every single guest feedback form and thoroughly review what each guest has to say. If there are any recommendations

for improvement, they're on top of it immediately."

"Davis-Monthan lodging achieved a 95.08 percent on the Innkeeper Accreditation checklist, (consisting of 28 pages and 425 items) the highest in ACC for all bases large and small. Focus has always been on guest satisfaction," said Dan Baker, D-M lodging manager. "We continually utilize guest feedback to improve facilities and processes."

"We've added a Business Center and Concierge area for guest use and convenience," Mr. Baker said. "We upgraded the Visiting Quarters' kitchens and replaced televisions and carpets in several buildings. We have also continued our emphasis on employees training and Educational Institute's Certification program and found new ways to reward exceptional performance."

Along with the upgrades, the innkeepers are continually working to improve their facility.

Air Combat Command awarded the inn with a \$30,000 prize that will help the lodging team make even more improvements.

Next on the list is furniture upgrades for the Temporary Lodging Facility and high-speed internet in all lodging rooms.

"This award is all about the word 'team,'" said Maj. Christopher Lavallee, 355th Services Squadron commander. "The staff at the Inn on Davis-Monthan has proven time and again that they are a finely tuned team and the measure of the success of our team is spelled out by our customers. (They) consistently recognize our staff by name and cite the many accomplishments and positive changes they see on repeat visits to our quarters."

Next up for the D-M lodging team is the Air Force Innkeeper Evaluation, which is scheduled for a date to be announced later in the year.

Whiteman Inn wins ACC Innkeeper, too

Melanie Smith, Whiteman Inn housekeeper, prepares a bed in the temporary lodging facility. Whiteman Inn recently won the 2006 Air Combat Command Innkeeper Award small base category, and competed for the Air Force level award, which it won in 2001. (U.S. Air Force photo/Staff Sgt. Rob Hazelett)



By Staff Sgt. Rob Hazelett
Whiteman Air Force Base, Mo., Public Affairs

The Whiteman Inn at Whiteman Air Force Base, Mo., has won the 2006 Air Combat Command Innkeeper Award small base category.

The hotel has been selected as the best lodging operations and will represent ACC in this year's Air Force Innkeeper Award competition.

Winning the small base category is not something the Whiteman Inn team will take for granted, even though they were part of the crew that won the award in 2001.

"We are excited about competing for the Air Force Innkeeper Award,

and the opportunity to win this award for the second time," said Marc Hicks, Whiteman Inn lodging manager, who worked as manager the last time the hotel won the award. "The Innkeeper evaluation will be challenging, but with our outstanding staff we can compete at any level."

Since it last won the award, the inn has undergone some improvements. The 168-room hotel has just had a \$25,000 facelift to its lobby, which included new furniture, painting and adding column facades to its interior second and third floor balconies.

The hotel is also having six rooms renovated on the first floor of

one of its buildings, which is a \$56,000 project.

Although construction has been routine around the inn, it hasn't diminished the ability of the staff at the inn to support their customers. Last year they roomed more than 33,500 military personnel and their families who visited here, and changed station to or from Whiteman.

As the men and women at Whiteman Inn continue about their duties with enthusiasm and attention to detail, their efforts haven't gone unnoticed. The inn will receive \$30,000 if they win the Air Force Innkeeper Award.



Rotary Club donates \$3,200

The Mountain Home Rotary Club recently donated \$3,200 to the Mountain Home Air Force Base, Idaho, Community Center. Pictured from left are Jace Prow, Jack Walborn and Al Sobotzak, Rotary Club representatives; Josie Hartley, Community Center director; Maj. Anthony Lanuzo, 366th Services Squadron commander; and Clarence Hill, Community Center volunteer. (U.S. Air Force photo/Jennifer Mounts)

Going below the blue with scuba

By Airman 1st Class Daniel Bava
Schriever Air Force Base, Colo., Public Affairs

Five Airmen from Schriever Air Force Base, Colo., and one Air Force spouse recently learned what life under the water was like with a nationally recognized and approved scuba training from local Colorado Springs instructors.

Tom Martin of the Joint National Integration Center has spent decades as a certified scuba diver, and for more than 20 years has been a certified instructor for Underwater Connection in Colorado Springs. Mr. Martin offered his services to the Schriever Outdoor

Recreation staff as instructor for a scuba class.

The divers. Airman 1st Class Daniel Bava, 50th Operations Support Squadron; 2nd Lt. Charlie Bellows, 2nd Space Operations Squadron; 1st Lt. Chris Dattoli, 3rd SOPS, and his wife Gina Dattoli; Capt. Ann Petcavage, 21st Medical Operations Squadron; and Capt. Brent Wells, Space Innovation and Development Center, completed their underwater training in one Saturday session.

"While we recommend each diver obtain their own personal gear, we will provide all that is necessary for great diving during your training," Mr. Martin told his students. "It is absolutely imperative that divers use gear that fits and is comfortable — buy good gear, not cheap gear, because your safety depends upon it."

The Schriever class learned to prepare their dive equipment valued at thousands of dollars, assist their buddies with pre-dive checkout, and then to functionally operate while breathing compressed air underwater and performing a variety of basic scuba skills.

Safety was key to all the methods Mr. Martin and fellow instructors taught. Unlike other high-risk sports closely monitored by unit commanders, diving with the aid of oxygen tanks is always a potential life-and-death matter. Nitrogen buildup within the body, lung stretching and



Tom Martin teaches Gina Dattoli stabilization and other self contained underwater breathing apparatus (SCUBA) certification techniques while diving at Blue Hole in Santa Rosa, NM. The divers had two days of training at Blue Hole.

environmental injury are some of the serious risks that can result from scuba diving. Any of these scenarios is potentially lethal.

Divers must be aware of their surroundings and avoid swimming under passing watercraft. They must also avoid rising or sinking in depth too swiftly. Divers also learn to keep breathing while underwater so their lungs are not permanently damaged as a result of compressed oxygen from the tanks entering into the lungs.

After two weeks of training and diving, the class traveled four hours south of Colorado Springs for a weekend of diving at the New Mexico oasis of Santa Rosa. The dive site, Blue Hole, is a nationally recognized location for certifying basic divers. The Schriever class met and mingled with dozens of other dive students from states as far away as Minnesota and Utah.

Each member of the class completed their two days of diving Blue Hole's 80-foot depths. Mr. Martin presented them with open-water diving certification, which gives the students a lifetime worldwide dive qualification in both freshwater and saltwater environments.



Paul Hoffman, Underwater Connection instructor, guides Gina Dattoli during her initial dive entry while undergoing warm water training in Colorado Springs with the Schriever SCUBA class. (U.S. Air Force photos/Tom Martin)



A Minot military mom speaks

Maj. Lisa McColgan, 5th Services Squadron commander, picks up her children Luke (left) and Zachary from school. (U.S. Air Force photo/Senior Airman Danny Monahan)

By Maj. Lisa McColgan
5th Services Squadron commander
Minot Air Force Base, N.D.

It's hard everyday to balance work and children. Each day you make choices-sometimes for the mission and sometimes for the family. The challenging piece is to find time to fit it all in. I don't want to look back after 20 plus years and not know my husband or my children. I have to balance it all now.

I entered the Air Force through the Reserve Officer Training Corps program, so I knew I would be in for four years. I originally thought I'd separate, work commercially for awhile and then stay home and raise my family.

That's the farthest thing from where I am now.

I loved being in the Air Force, and thanks to my tremendously supportive husband, I was able to have both my family and my career.

My favorite part of being in the Air Force is the diversity that surrounds us and knowing what my squadron accomplishes each day helps the morale and welfare of those at Minot Air Force Base.

The benefits of raising children in the Air Force are raising them in a diverse environment. Different states, different countries and different religions are all part of their world. It allows them the opportunity to grow out of biases and develop a broad knowledge of how to get along with different types of people. We have lived in five different states and one foreign country so far. It has been an amazing experience for my children. My children love being a part of a military family.

I don't feel guilty about moving them around. I love being able to give them a wide variety of experiences. They love learning about new places and different cultures. However, just like most children they hope not to move in the middle

of a school year, and worry about fitting in.

The only added challenge from a civilian mom and an Air Force mom are the temporary duty assignments. It is difficult to be away from our families, especially our children. You've got to work harder at keeping in touch and building solid family relationships.

I was fortunate enough to have a mother who taught me how important it was to have a strong sense of family and solid morals, especially in raising children. My mother dedicated her life to raising us five children.

It is a constant learning experience for my husband and I, but together we work hard at providing the right environment, learning experiences and discipline to raise polite, positive young men.

I love being a mom. My favorite part of being a mom is the unconditional love my children give me and living a second childhood through them.

Club cranks up volume for summer season

By Mara Minwegen
Kirtland Air Force Base, N.M., Public Affairs

Imagine yourself leaning back under a striped umbrella, enjoying the last rays of sun on a late summer afternoon. The sound of steaks grilling melds with partying from the pool and a volleyball game. Later on, the band will start warming up as the happy hour



A trumpet player from a mariachi band entertains patrons on the patio of the Mountain View Pub. (U.S. Air Force photos/Laurence VanKowski)

crowd blends in with those stopping by for an evening of friends and fun.

That's the vision Marco Boyd, Mountain View Club general manager, has for the Mountain View Pub Sports Bar and Grille at Kirtland Air Force Base, N.M., as the club and all its facilities gear up for the summer party season.

"Our target audience is from here to F Avenue," he said, gesturing at the expanse beyond his office window.

Mr. Boyd is willing to go to great lengths to make sure that trend increases during the summer.

"I'm looking for ideas. What would draw the 18 to 24 year-old crowd to the club?" he said. "We'll do anything to be creative. Send me an e-mail, give me a call."

Ongoing specials Tuesday through Friday are a good draw. Until September, from 5 p.m., customers will be able to choose a steak and grill it themselves. All the

trimmings to complement the perfect steak are included.

Summer is the time to relax, and there's no better place for that than the club, said Mr. Boyd, and he has one request that will make events on the patio even more fun. He wants base musicians to think about this and give him a call.

"I'm putting out a call for live bands on base," he said.



Airmen from the 377th Services Squadron dance to the music of a mariachi band. The Mountain View Pub has plans to host more outdoor events during the summer.



Services director visits Osan

Arthur Myers, Director of Air Force Services, Washington, D.C., visited Osan Air Base, Korea recently. Standing from left, Michael Benson, Deputy Director of Services HQ PACAF, Hyo Un Hwang, 51st Services Squadron entertainment director and Arthur Myers, Director of Air Force Services. (U.S. Air Force photo/File)

Honor with dignity at Cannon

By Senior Airman Carole Brabham
Cannon Air Force Base, N.M.

They go about their duty with silent professionalism, whether it is a change of command, a sporting event or a full honors funeral for a revered community leader.

All enlisted and commissioned members represent the military, but the Airmen of the Cannon Air Force Base, N.M., Honor Guard say there is a certain pride in what they represent while participating in Honor Guard ceremonies that feels different from ordinary duties.

"The first time I posted colors with the Honor Guard and we presented arms, I looked into the crowd and thought, 'How many people do this every day?'" said Senior Airman Matthew Nelson, 27th Logistics Readiness Squadron. "How many people hold their hand over their heart and actually realize what it means?"

According to Staff Sgt. Gino Garcia, 27th Aircraft Maintenance Squadron, what they do means a great deal, especially to the families of fallen or retired service members honored at their funerals. Sergeant

Garcia remembered a funeral ceremony that was particularly meaningful to him.

After we had folded the flag, I went to the widow to present it to her," said Sergeant Garcia. "She was an older woman, probably in her late 80s or early 90s, and looked frail sitting in her wheelchair. Usually I try to avoid eye contact, because this is such an emotional moment, but I locked eyes with this particular woman. She put her tiny hands on mine, which were holding the flag, and her eyes started tearing up. I choked up, and it was extremely hard to say what I had to say, but I felt good being able to do that for her."

"Most people overlook the fact that we do more than just funerals," said Senior Airman Brittany Barnes, 27th Equipment Maintenance Squadron, who said the Honor Guard also does change of command and other official ceremonies, as well as retirements and public events. Airman Barnes said she joined the Honor Guard because she likes honoring those who have served their country.

Part of the Honor Guard creed, which is emblazoned on their hats

and patches, is "to honor with dignity," which Honor Guard members say they take to heart.

"I am originally from Clovis, and all of my family and friends are here," Sergeant Garcia said. "This is a great way for me to pay respect to people who served before me and to show my community that someone from their home town is giving back to their country. I am extremely proud of what I do."

With the rewards of pride and honor come the disciplines of rigorous training, according to Airman Nelson.

"A lot of people don't know how much hard work is involved in the Honor Guard. If you make one little mistake folding the flag, or your salute is too quick, we start over from the beginning. It can be very repetitive, and there is some self-sacrifice," he said. "But the payoff is in knowing that my family can be proud of what I am doing."

Gratefulness is the payoff according to Sergeant Garcia, who said, "I'm thankful for being able to come here and give that final salute. I hope when I pass, the Airmen who do it for my wife and family are sharp, crisp and proud."



Career Day at Feltwell

Ruby Belton, director of the child development center at RAF Lakenheath, shared her early childhood expertise with more than 150 students during the recent Feltwell Middle School Career Day. She engaged the students in fun interactive activities to support the premise that children learn through play. She promoted childcare careers as a rewarding opportunity to work with children and families. (U.S. Air Force photo/File)



Staff Sgt. Shad Winters, 380th SVS food services, stacks bags of rice at the Jeema Springs Cafe. (U.S. Air Force photos/File)

Food services: Keeping deployed troops fueled for the fight

By Tech. Sgt. Andrew Leonhard
380th Air Expeditionary Wing Public
Affairs

Each day maintainers, operators and support personnel head to work to complete the mission here, but before many of them step into their work areas; they make a stop at our DFAC.

With more than 3,000 meals served every day, the 380th Expeditionary Services Squadron Food Services flight, helps keep the stomachs full of all the members of the wing.

"We have maybe one of the most important jobs here," said Master Sgt. Christopher Lanier, Jeema Springs' facility manager. "We provide the 'fuel' that helps drive the mission of each person in the 380th Air Expeditionary Wing."

That fuel is provided by the large variety and volume of food that the dining facility handles each day. According to the staff, Jeema Spring and the Containerized Deployable Kitchen on the East ramp combine to serve more than 640 pounds of fruit, 130 pounds of lettuce, 73 cases of soda and more than 350 pounds of chicken breast daily. Part of that volume may be accounted for on how the Jeema Spring facility is run.

"We are one of the very few buffet style set ups in the AOR," stated Master Sgt. Khadija Ali, Food Services superintendent.

According to Sergeant Ali, it may increase morale because it allows customers to take what they choose, from the large variety provided. Both Sergeants Ali and Lanier have worked at locations in the past where people were only given two meat, two vegetables and one starch choice. When it comes to choices, the team believes in listening to everyone.



Staff Sgt Laura Danielson, 380th ESVS, serves up scrambled eggs to hungry wing member at the Containerized Deployable Kitchen on a recent Thursday morning. Airman Stephanie Esposito observes.

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Providing the fuel to drive the mission

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"We like taking inputs from people," said Senior Airman Adam Rains, Quality Assurance evaluator. "A good example was to have more finger type foods like, pizza and chicken wings on the same day. So we made the change to where on Tuesdays you can have both."

Airman Rains said the staff is constantly fine-tuning the menu to meet the demands of the customer.

"The challenge is that we can't please everyone, but we do look at all the suggestions," he said. The one challenge the staff is looking forward to is the move into the new dining facility at the Temporary Cantonment Area.

"We will have two full serving lines with two grills each," said Sergeant Lanier. "The DV area is much nicer

and the nearly \$1 million of new kitchen equipment is going to allow us to make some great changes on how and what can be prepared."

The facility manager said none of the success they have would be possible without the help from the many other support organizations around the base.

"CE and contracting have been a huge reason why we are able to perform our mission each day," said Sergeant Lanier. "From the entomology guys helping with the

mosquitoes, to contracting helping us do the paperwork to make purchases. And I can't forget the sharp team at Bio and Public Health who help us maintain the strict health codes," the sergeant concluded saying, "It's all about our 'Yes, we can make it better' attitude."



Staff Sgt. Joshua Pallardy, 380th ESVS, takes a temperature reading to make sure food on the serving line stays within the safe limits. (U.S. Air Force photo/File)



Staff Sgts. Wardell Herron and Gricelda Arredondo also check food temperature levels. Sergeants Herron and Arredondo work every day to ensure the quality and safety of served food. The sergeants are assigned to the 380th ESVS. (U.S. Air Force photo/Tech. Sgt. Mike Hammond)



Tech. Sgt. Jeimmy Bermudez unpacks food boxes in a storeroom. Sergeant Bermudez orders food shipments, unloads and stocks supplies. He is assigned to the 380th ESVS. (U.S. Air Force photo/Tech. Sgt. Mike Hammond)

Extreme Makeover Lajes Edition huge success

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

The Lajes Youth Center reopened its doors recently after being closed for more than a month for an 'Extreme Makeover.'

The idea for the makeover came from Master Sgt. Tony Flowers, 65th Services Squadron.

"I saw a desperate need to improve the quality of life for our children," he said.

He helped recruit a design team and volunteers to completely renovate the youth center.



More than 250 volunteers helped make the "Extreme Makeover" at the youth center here a huge success. Staff Sgt. Eric Bell makes a final connection in the Tech Pod.

"Tuesday's grand opening was an 'Extreme Success,'" said Lt. Col. John Oliver, 65th SVS commander. "I advertised to many of our folks that the success and 'wow factor' of this project would be on the order of the recent 'Rumble on the Rock' boxing event. I was wrong — the Extreme Makeover was better! I've never been affiliated with a project or group of individuals that I've been more proud of than the team that pulled this off."

In just over a month, they transformed the youth center into a child's paradise.

"Master Sgt. Flowers had a vision, but most importantly he had the dedication and commitment to make it a reality," said the colonel. "I never doubted him or his team of volunteers throughout the entire project."

The youth center now has areas like the Think Tank, Construction Zone, The Theater, Laboratory, The studio, Tech Pod, Game Central, Jorge's Café and Club 09720.

Amber Schindele's son Dylan, 7 loves the new Tech Pod. "It's cool," he said.

"I'd like to thank Team Lajes for their support and encouragement throughout this process," said Colonel Oliver. "By our rough count, there were more than 250 volunteers who donated more than 2,200 hours to this project." The dental clinic took on the theater area as their contribution to the project, logging in more than 500 volunteer hours.



Paige Hemmis drills the Tech Pod sign as part of the finishing touches before the grand opening ceremony. She autographed it along with volunteers who worked on the project. (U.S. Air Force photos/Kim Moore)

"I was expecting something cool, but this is like Disney," said Senior Master Sgt. David Pate, 65th Communications Squadron.

As a bonus, Paige Hemmis, the carpentry designer for Extreme Makeover Home Edition was here to celebrate the grand opening. This was the last stop on her 2006 Extreme Summer Program Tour.

"I've been to a lot of bases, but I am so glad this is my last because this is by far the best," Ms. Hemmis said.

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Lajes gets extreme

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"The quality is as good or better than on the show," she said. "I'm totally blown away."

Parents and children were also surprised at the appearance and amenities the new youth center offers.

"The best part of the grand opening for me was seeing the faces of the kids and their parents as they toured the facility," Colonel Oliver said. "They were astonished."

The improvements to the youth programs have excited the entire community.

"New families are coming to the program in droves as they hear about us," said Sarah Grayson, school-age program coordinator. "They want to see for themselves the changes we have gone through."

"The children in our program don't want to leave now," she added. "When children would ordinarily quickly go with parents, they now literally hide from parents so they can stay just a little longer."

Parents now have a place to share the day's activities with their children before they leave the program.

"I wish I was a kid again," said Lt. Col. Tim Donohue, 65th Mission Support Group deputy commander.

Construction of The Construction Zone was just one of the many projects volunteers worked on for the Extreme Makeover Lajes Edition. (U.S. Air Force photo/Kim Moore)



Master Sgt. Tony Flowers, the mastermind behind the "Extreme Makeover" renovation project at the youth center, shows volunteers his plans. (U.S. Air Force photo/Kim Moore)



Children in the school-age program were anxious to start an art project in "The Studio" portion of the renovated youth center following the grand opening. (U.S. Air Force photo/Carlos Tavares)



Volunteers worked hard on each of the projects for the youth center. These photos are the Tech Pod in progress. (U.S. Air Force photos/Kim Moore and Carlos Tavares)

D-M lodging enhances guest services with 'industry-standard' employee-certification

Story and photo by Chris Sweeney
355th Services Squadron

It's not an industry secret as to why the Inn on Davis-Monthan Air Force Base, Ariz., has been one of the best lodging facilities in the command and the Air Force over the past several years — training.

"Our lodging team has implemented one of the most aggressive guest-service training programs in the command," said Capt. Alyson Miller, 355th Services Squadron combat support flight commander. "They have a proven record of providing outstanding guest services, as evidenced by winning the (Air Combat Command) Innkeeper award in 2004 and 2005 and the (Air Force) Innkeeper award in 2004."

"A successful guest-service training program on D-M means productive and knowledgeable employees, reduced turnover and most importantly, significant improvements in our guest services," said Dan Baker, D-M lodging manager.

"An integral part of this training includes our 'industry-standard' employee certification program," Mr. Baker said. "Our program is produced by the American Hotel and Lodging Associations Educational Institute, one of the industry's leading providers of hospitality education and certifications."

"In order for us to consistently provide outstanding guest services, we must help our employees develop to their fullest potential," Mr. Baker said. "Presently over 70 percent of our housekeeping staff

and 50 percent of our maintenance workers have received their 'line-level' industry certifications."

Lodgings AHLEA certifications at D-M include certified front-desk representative and reservationists, certified guestroom attendants, certified maintenance employee and certified housekeeping supervisor.

"Every day our housekeeping staff is on the 'front line' with our guests," Mr. Baker said. "They must have the knowledge and skills necessary to perform their duties and personally deal with our guests so we have satisfied customers who want to return."

"It's our responsibility to ensure this training is available to every employee," Mr. Baker said. "The certified guestroom-attendant training teaches our housekeeping staff how to deliver quality services for our guests."

"The combination of our own in-house training and the certification process teaches our employees how to see things from guests' point of view," said Dave Ruiz, lodging housekeeping and maintenance manager. "We have over 30 housekeepers who, in addition to their daily duties inside each room, must know how to deal with guests face-to-face, effectively handle guest complaints and be responsive to our guest's needs."

"To receive their individual certifications, each of our employees must complete their study guides and take a written test," Mr. Baker said. "This process usually takes between 30 to 45 days. We can see that the certifications are having a positive impact on guest



Adela Bremner, a housekeeper at the Inn on Davis-Monthan, prepares a room for the next guest.

services as our guest comments consistently site the outstanding services provided by our front desk personnel, housekeeping staff and maintenance workers."

"My family stayed at the Temporary Lodging Facility for two weeks and our housekeeping service was awesome," said 1st Lt. Quinn Nixon from the 42nd Electronic Combat Squadron. "Our room attendants were always ready to help."

"I took the certified guest attendant materials home and completed my study guides in about 10 days," said Jennifer Gouge, one of lodgings certified guest attendants. "The materials helped me to better understand the needs of my guests. I highly recommend the training."

"We expect 100 percent of our employees to either complete or request enrollment in the certification program within the next year," Mr. Baker said. "That translates into more productive and harmonious employees who will show extra pride in taking care of our guests, leaving happy customers in return."



Brooks chess tourney a 'checkmate'

Eddie Thurman (left) battles Airman Basic Justin Mendes at a recent chess tournament hosted by the Brooks City-Base, Texas, Youth Center. Mr. Thurman was the overall winner, while Airman Mendes captured first among active duty participants. (U.S. Air Force photo/Tech. Sgt. Keith Brown)

By Elizabeth Castillo
Brooks City-Base, Texas, Public Affairs

In a battle of knowledge and skill, some of Brooks City-Base's finest chess players went head-to-head in an effort to receive top honors in the Air Force Chess Program.

Sixteen participants gathered at the Youth Center recently, including five children, nine pipeline students, one permanent party member and one civilian.

The purpose of the Air Force Chess Program, as mentioned on their website, is to provide additional opportunities for families,

youth and other community members to participate in a recreational and educational activity.

"I couldn't have been happier with the turnout," said Feletia McLaurin Youth Programs Director. "We had 16 participants on time and ready to play."

In the youth portion of the competition, first place went to Kellen Sanders, second place to DeWayne Parks and third place to Kenji Parks. Eddie Thurman was the only civilian player but took top honors as the overall winner of this year's competition.

Active duty top honors went to Airman Basic Justin Mendes who

received first place, Staff Sgt. Jeremy Thomas received second place and Airman Alton Mercy II received third.

The top winner in the active duty category with a U.S. Chess Federation rating will go on to compete at the Air Force level competition at Davis-Monthan Air Force Base, Ariz. From there, the Air Force will select a six-person Air Force chess team to participate in the interservice and the North Atlantic Treaty Organization chess tournaments.

Sergeant Thomas went on to represent Brooks at the Air Force tournament.



FROM THE FRONTLINES

Homegrown talent

Airmen can't keep a straight face playing Sheryl Crow and Kid Rock for a "Say What? Karaoke Night" version of the country rock ballad "Picture." This karaoke night was at Pete's Place at Manas Air Base, Kyrgyz Republic, recently. (U.S. Air Force photo/Staff Sgt. Lara Gale)

FROM THE FRONTLINES

Entertainers circle globe

By Kirsten Tacker
Hickam Air Force Base, Hawaii

The Patriot World Tour 2006 ended its ambitious 26,000 miles in 13 days of entertaining the troops on Hickam Air Force Base, Hawaii, on a recent Monday night.

The show featured country legend Lee Greenwood, country



The New England Patriots cheerleaders and country rockers Restless Heart perform for Team Hickam at Freedom Tower Mall recently, during the Patriot World Tour. Hickam was the final stop on their world-wide tour. (U.S. Air Force photo/Mark Bates)

rockers Restless Heart, emcee Mary Therese

"TV Personality of the year" for 2005, the New England Patriots cheerleaders and comedian Dick Hardwick, who all hoped to bring a little piece of home and a million thanks to the troops on each base.

Including the musicians from the Band of the U.S. Air Force Reserve, the U.S. Air Forces in Europe Band, the Band of the Pacific and the United States Air Force Band, who performed at Incirlik Air Base, Turkey, Kadena AB, Japan, Kunsan AB, Korea, Misawa AB, Japan and three deployed locations in Southwest Asia and Hickam.

"This has been the most awesome tour of all the tours I have done," said emcee Mary Therese.

This was Mary Therese's eighth tour since 2000. She's a retired news anchor for a CBS affiliate in Macon, Ga., and the daughter of an Air Force recruiter who knows the military life all too well, moving 21 times before the age of 21.

"To be able to go and perform on these tours is so incredible, because there are millions of people back home that would love the opportunity to go and say thanks," said Mary Therese. "So we are bringing millions of thanks with us."



Lee Greenwood salutes a military patient at the U.S. Army Hospital at Landstuhl, Germany, on the first stop of his tour. With him is New England Patriots Cheerleader Briana Wei-Yee. (U.S. Air Force photo/Ken Hackman)

Restless Heart has had 22 years of making music and this tour for them is one small slice of showing their gratitude. They've done two United Service Organization tours prior to this one, but this is their first time performing in a war zone.

"This one is literally a world tour for us and wow it has been amazing," said lead singer Larry Stewart for Restless Heart. "The intense part is flying 26,000 miles in 13 days. It is an experience we will never forget."

Some of the motivating factors to play a part in such an intense tour seemed obvious to Mr. Stewart.

"Meeting folks in the hospitals that are giving it their all, if we can make them smile and forget what they are really doing for a moment or an instant in a performance or a visit," said Mr. Stewart.

Even though the performers on this tour have taken part in tours prior to this one, performing in a war zone was a new experience.

"It is definitely scary being in a combat zone, but I have full confidence in my security because the Air Force is doing such a great job,"

Continued on next page



Lee Greenwood says good-bye and thank you to Team Hickam during the final show of the 2006 Patriot World Tour at Freedom Tower Mall. The Patriot World Tour featured Lee Greenwood, country rockers Restless Heart, comedian Dick Hardwick and New England Patriots cheerleaders.



Lee Greenwood entertains the crowd during the Patriot World Tour's third performance stop in Southwest Asia. (U.S. Air Force photos/Ken Hackman)

Patriot World Tour says 'Aloha' ***continued from page 32***

said Alison Preston, New England Patriots Cheerleader.

That seems to be the common thread that unites these performers, a passion for the military and all that they do and to simply say thank you.

"I have great affection for those folks that put it on the line," said Mr. Greenwood. "This is my 18th tour and my motivation is to do what we can do to support the U.S. military no matter where they are on the planet."

Mr. Greenwood has shown his military affection in other ways besides touring. He wears the red metal bracelet of John Consolvo Jr., a Marine pilot MIA who went down in Vietnam, because it was given to him. For Mr. Greenwood, Ms. Preston, Mary Therese, Dick Hardwick and Restless Heart the tour is over, what remains are memories and a few additional words of thanks to the troops.

"Thank you for what you do, it was an honor to be here and perform for you," said Mr. Stewart.

"The tour has been incredible, it was a trip of a lifetime for all of us."

"We are out here for only two weeks and we are just trying to boost some morale," said Ms. Preston. "Make some people happy and bring a little piece of home to them because they are working so hard for us. It is important for us to go out there and tell them we do appreciate what you are doing."

"Thanks so much for what you do," concluded Mary Therese. "We are all able to do what we do in our everyday lives, whether it is being a reporter, singer-songwriter or a

bus driver. We can all do what we do everyday, because you all get up in the morning and put that uniform on and you say, 'I am doing this for my fellow Americans'



Maj. (Dr.) Jules Gamache is visited by New England Patriots cheerleaders, from left, Cortney Bennet, Kristen O'Neal, Briana Wei-Yee, Lori Baranski and Stacy McIntyre. The cheerleaders, along with Lee Greenwood, were at Balad Air Base, Iraq, as part of the Air Force Reserve Command-sponsored Patriot World Tour. Dr. Gamache is an anesthesiologist assigned to the 332nd Air Expeditionary Hospital.

Davis-Monthan Youth Center names 2006 Youth of the Year

Semmi Quarles, son of Helen and Senior Master Sgt. Stacey Quarles, 355th Equipment Maintenance Squadron, was recently named the Davis-Monthan Air Force Base, Ariz., Youth of the Year for 2006. According to D-M Youth Center staff,

Mr. Quarles earned the recognition for his demonstration of leadership and service in six different categories; home and family, moral character, community, school, service to the Boys and Girls Club of America, and life goals.

He exhibited leadership skills by serving as the D-M Keystone Club's president, teaching the 4-H Health Rocks and 4-H Life Rocks programs to the School-Age Program youth and D-M teens. He has also taken part in the Air Force Youth Employment Skills program as an assistant coach to the gymnastics coach.

Mr. Quarles is 16 years of age and is a junior at Palo Verde High School. Mr.

Quarles will go to the 2006 Youth of the Year breakfast at the Hyatt Regency in Phoenix, Ariz.

The winner in Phoenix will move on to the regional level and on to the national level.



Semmi Quarles
(U.S. Air Force photo/Kathy Sands Sweeney)



Teddy bear picnic

Asia Perry, daughter of Tech. Sgts. Nathaniel and Melinda Perry, eats oatmeal cookies and drinks pear juice during the teddy bear picnic at the Minot Air Force Base, Mont., Child Development Center recently. Children brought their own teddy bears and had a picnic outside. (U.S. Air Force photo/Airman Cassandra Butler)

Names, faces in the news

Two grads from Eglin ALS

Airmen Patricia Munro and Latonya Robinson recently graduated from Class 06-D of the Eglin Air Force Base, Fla., Airman Leadership School.

NCOA graduate

Master Sgt. Carl Martin, 377th Services Squadron, Kirtland Air Force Base, N.M., graduated recently from the NCOA Academy.

Look who's new in pink

A baby girl, Cayla Iyanna Sirmons, was born recently to Staff Sgt. Nina and Reggie Sirmons, 16th Services Squadron, Hurlburt Field, Fla.

NCOA graduate

Tech. Sgt. Jason Hall, 96th Services Squadron, Eglin Air Force Base, Fla., graduated from Class 06-3 at the Tyndall AFB, Fla., NCO Academy.

In the Dover Spotlight

Former Senior Airman Kester Patrick, 436th Services Squadron, Dover Air Force Base, Del, was recently promoted to staff sergeant.



FROM THE FRONTLINES



Say cheese

Staff Sgt. Marcus Oats, deployed to Southwest Asia from the 314th Services Squadron at Little Rock Air Force Base, Ark., poses for a photo with Secretary of State Condoleezza Rice recently. (U.S. Air Force photo/File)

Minot salutes

Master Sgt. James Hunter, 5th Services Squadron, Minot Air Force Base, N.D., for graduating from the Community College of the Air Force with a degree in Human Resource Management.

Junior photographer

Alana Galipeau shows off her winning photograph from the F.E. Warren Air Force Base, Wyo., Youth Center photography contest. She won in the under 9 age group, Juan Despain was the winner for ages 10 to 13, Ashley Ochiltree won in the 13 to 16 age group, and Kristen Ochiltree was the winner for the 16 to 18 year olds. (U.S. Air Force photo/File)

Moody sweeps AFSOC awards

Individual awards:

Services Company Grade Officer of the Year

1st Lt. Andrew Bowens

Services Senior NCO of the Year

Master Sgt. Mack Anderson

Services Airman of the Year

Airman 1st Class Andrea Quintanilla

Services Senior Civilian Manager of the Year

Jean DeFrancesco

Services Civilian Flight Chief of the Year

Dawn Coleman

Services Civilian Manager of the Year

Tamara Turnmeyer

Services Senior Civilian Specialist of the Year

Lesley Darley

Services Youth of the Year 2005

Carmella Neri

Program/Flight awards:

Arts & Crafts Program of the Year

Youth Program of the Year

Readiness Program of the Year

Outdoor Recreation Program of the Year

Fitness & Sports Program of the Year

Child Development Program of the Year

Library Program of the Year

Bowling Program of the Year

Marketing Program of the Year

Consolidated/Collocated Club of the Year

Austin named Randolph Youth of Year

By Staff Sgt. Beth Del Vecchio
Randolph Air Force Base, Texas, Public Affairs

It was almost as if Tamara Austin was wearing her goals on her shirt for everyone to see. "New York," spelled out in sparkly rhinestones on her black T-shirt, could very well have been her name in lights on a billboard in the Big Apple.

Her passion is the theater, but she also feels passionately about helping others, and just like her shirt, her passion for people is noticed by all.

Ms. Austin, the daughter of Senior Master Sgt. Martin and Renee Austin, was recently named

the Randolph Air Force Base, Texas, Youth Center's Youth of the Year for 2005.

The 16-year-old attends Randolph High School where she is the sophomore student council vice president and member of the Thespian Club, Interact Club and Spanish Honor Society.

Although these activities may keep her busy, she still finds time to volunteer in the community.

Ms. Austin helps with the Meals on Wheels program, preparing and delivering meals to the elderly in the San Antonio area and participates in highway clean-up projects.

"She is always one of the first to volunteer, no matter what the task," said Rodney Tramble, who was youth center director at the time.

Throughout the year, the teens at the youth center vote for a teen of the month based on an individual's youth center involvement and service in the surrounding community. The staff tracks the winners and votes for the teen of the year out of the monthly winners.

The final decision for youth of the year is made by a panel of staff members because it's not only based on what the teen did each month, but how they act overall throughout the year, said Mr. Tramble.

"The winner will go on to compete at higher levels," he said. "So, the panel tries to choose the best teen to represent the base."

Ms. Austin said her parents and grandmother have been great mentors to her.

"My dad just got promoted to chief and the fact that he stuck to his goal taught me to follow my dreams," she said.

Having strong mentors has influenced her to be a mentor to others.

"All my life I've enjoyed helping other people," she said. "I like interacting with the elementary school kids. It's a great feeling."

While she may not be a star on Broadway yet, in the eyes of the youth center, she definitely shined in 2005.



Tamara Austin has been named Youth of the Year by the Randolph Air Force Base, Texas, Youth Center. (U.S. Air Force photo/File)



Volunteers at CDC

From left, Senior Airman Joshua Kramer, 96th Medical Group; Airman 1st Class Ryan Gray, 96th Security Forces Squadron; and Staff Sgt. Kimberly Collyge, 96th Air Base Wing Military Equal Opportunity office, install a mirror at the new Eglin Air Force Base, Fla., Child Development Center. (U.S. Air Force photo/Master Sgt. Dawn Hart)



By P.C. "Chevy" Chevallard

Log entry 2: 'A dream is born'

Editor's note: This is part 2 in a 6-part series written by retired Lt. Col. P.C. "Chevy" Chevallard, former commander/conductor of The U.S. Air Force Academy Band. The colonel is a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base, Colo., Aero Club. (U.S. Air Force photo/File)

My first flying lesson began by removing a blindfold (not on me — on the airplane).

"Chevy, this is the canopy cover," said Don Derby, my flight instructor. "Unsnap it here and here, next to the pilot's door, then start folding the canopy, inside out. Work your way back to and around the tail, up the other side of the aircraft and forward to the prop. Please keep it off the tarmac. We don't like getting gravel inside our canopy covers because it scratches the aircraft."

"Can, do, Don," I thought.

After 32 years of marriage, folding laundry comes pretty naturally to me. This was a piece of cake. My confidence about piloting my first flight grew with every fold.

"Nice, Chevy," said Don, as I finished the task.

I sensed a little sarcasm dripping from his words, but I let it go. This was not the time to challenge the man in whose hands I was about to place my life.

"OK, let's start the preflight," he continued. "Here's the POH (Pilot's Operating Handbook) for the T41-C. I'll walk you through the process, but after today, it'll be up to you to follow the listed procedures."

I started with a tip-to-tail external check of the aircraft. Some of the items included: baggage door

— locked; static ports, stall port, pitot tube, battery drain, and fuel vent — clear of obstructions; four antennas — in place and undamaged; fuselage, control surfaces, landing gear, engine cowlings, and propeller — undamaged; fuel — free of water and contaminants, both fuel tanks topped off and fuel caps, secure. Inside the cockpit, I confirmed that the control surfaces, brakes, throttle, magnetos, auxiliary fuel pump, intercom, radios, transponder, and the vacuum, electrical, fuel, and oil systems were fully functional.

After looking outside the aircraft to assure that no one was nearby, I yelled "Clear prop," then fired up Cessna 7970 November's engine. I checked the oil pressure, ammeter, and fuel flow gauges. I turned on the transponder (a radio which electronically identifies and locates an aircraft for air traffic control) and the radios, then obtained Colorado Springs Municipal Airport's current weather and ground conditions through the automated terminal information system.

Next, I called "Ground Control" and received permission to taxi from the Aero Club to taxiway Foxtrot for a takeoff on runway 30 (the runway nearest the West Gate). After a long and sometimes

drunkenly meandering taxi, we arrived at Foxtrot, where, after a final check of key systems, I called the control tower and received permission to take off.

"OK, Chevy," said Don, "Let's go. Ease the throttle all the way forward. That's it. Steer with the pedals. Take your right hand off the yoke and keep it on the throttle. Right hand on the throttle, Chevy. A little more right pedal pressure ... this is NOT a car, Chevy! Take your right hand off the yoke and put it back on the throttle! Keep that right pedal pressure. Good — now, pull back on the yoke. That's it. A little more right pedal and level our wings. Good. Now, ease the nose down just a bit. Keep it right there. You just took off!"

I don't remember much else about my first flight. I do know that it was incredible to be at the controls. The Aero Club's T41-C's are immaculately maintained and built "military tough."

After more than 4,300 hours of flight time and more trainees than he can count, Certified Flight Instructor Don Derby will survive student pilot Chevy. Me? I can't wait to get up there" again. How about you? Call the Aero Club. Your wings could be waiting for you, too.

355th SVS Airman earns ACC award

**By Airman 1st Class Clark Staehle
Davis-Monthan Air Force Base, Ariz.,
Public Affairs**

Another Airman at Davis-Monthan Air Force Base, Ariz., proved he has what it takes when he was recently selected to be the recipient of an award from Air Combat Command.

Airman 1st Class Nicolas Paulino, 355th Services Squadron food service journeyman, recently received the 2006 ACC Air Force Services Individual Award.

"It makes me feel proud and honored to be selected among everyone in ACC," Airman Paulino said. "I was thrilled to be nominated by ACC services. I was notified that I had been selected for the ACC

Individual Award from my commander Maj. Chris Lavallee, 355th Services Squadron. After I found out the good news, I called my wife, told her the good news and thanked her for all the support she's given me."

This Airman has done a lot to deserve recognition. Aside from his recent deployment to Southwest Asia in support of Operation Enduring Freedom, he has been chosen as the recipient for many awards.

He was the recipient of the 2005 355th Services Squadron Chef of the Year and the 355th Mission Support Group Airman of the quarter for the second quarter of 2005.

"I also played a vital role in my squadron receiving the 2005 Commander-in-Chief's Special Recognition for Installation Excellence Award," Airman Paulino added.

Airman Paulino has more accomplishments to his credit than just awards. According to his award package, he was the youngest servicemember to manage shift operations, generating \$90,000 in sales.

He also prepared, delivered and served 8,000 hot meals in support of the 162nd Fighter Wing's Western Air Defense Sector and provided 4,000 ground support and flight meals for flightline workers, enabling 24-hour-a-day, seven-day-a-week operations.

Airman Paulino not only excelled here at Davis-Monthan, but he proved his worth by exhibiting the same type of behavior on his deployment.

While in Southwest Asia, he performed quality assurance surveillance on a \$690,000 food service contract and reconciled \$2.8 million of vendor receipts, improving the quality of life for 2,100 deployed Airmen, according to his award package.

"I think being deployed makes everyone appreciate life and what being a true American is," Airman Paulino said.

Airman Paulino said the biggest moments were being recognized for all he has done in the two years he has been with the Air Force.

"(My proudest achievements were) being appreciated by the 380th Mission Support Group commander Col. Marcus Miller and receiving a coin from (Marine Corps) General Peter Pace, Chairman Joint Chiefs of Staff, while being deployed in support of Operation Enduring Freedom," he said.

While Airman Paulino won an individual award, he said it would have been impossible to get such recognition without the help and support of others.

"We are a team, everyone of us is no different than the other," he said. "A good attitude and professionalism is the key to excellent customer service."

Though this Airman may have accomplished a lot in his short career, he said he tries not to lose focus of his motivation.

"I am inspired by all my family members, biological and military," Airman Paulino said. "My family believes in me (and that helps) me to do great things everyday and so I do."



Airman 1st Class Nicolas Paulino, 355th Services Squadron, prepares food for the Davis-Monthan community at the Desert Inn Dining Facility. (U.S. Air Force photo/Senior Airman Christina Ponte)



Standing tall with teary eyes

Damon and Kaden Koskovich, 6-year-old twins, hold a picture of their mother, Staff Sgt. Melissa Koskovich, at the child development center at Mountain Home Air Force Base, Idaho, recently. Sergeant Koskovich was deployed from Mountain Home to the U.S. Central Command area of operations in Southwest Asia. (U.S. Air Force photo/Senior Airman Brian Stives)

Brian Cook, Tinker artist of the month

By Becky Pillifant
72nd Services Squadron

In 1984 Brian Cook launched his photography career when he purchased his first camera and started snapping photos. He hasn't set his camera down since, taking it with him when ever he can.

"It just seems to be a part of me and I feel lost without it," said Mr. Cook.

In 1985 he entered his first base photography contest and won in several categories. Over the years he has entered many more contests and continues to win.

Mr. Cook has moved from his old film camera to the digital realm in 2003. That year he entered the Oklahoma City Zoo calendar contest and won with all five photos submitted. The zoo liked his work and purchased several of his shots for making postcards. Since then they have used his photos for the 100th Anniversary zoo books, advertising and most recently for the upcoming opening of the zoo's new Oklahoma Trails. Mr. Cook's

zoo photos can also be seen on zoo billboards, and as advertising on the back of some Coca Cola trucks.

In 2004 Mr. Cook submitted three photos to be judged at Fossil Rim Wildlife Park Texas. After seeing his work Mr. Cook was invited to the park to sell his work and to take photos of all the parks animals.

Mr. Cook offers a half day zoo photography class through the Arts & Crafts Center at Tinker Air Force

Base, Okla., each month. Mr. Cook can provide instruction to students on any type of camera equipment. He provides students helpful tips on shooting all types of pictures.



Brian Cook, award-winning photographer, teaches classes at the Arts & Crafts Center at Tinker Air Force Base, Okla. Left and above are two of his photos that have been chosen as part of local advertising campaigns. (U.S. Air Force photos/File)

Kirtland lieutenant finds himself in an ...

Honorable position



Staff Sgt. Gerard Garcia, 58th Maintenance Group, hands over the flag to Lieutenant Mundie during a funeral ceremony at Santa Fe National Cemetery. (U.S. Air Force photo/Senior Airman Jeffrey Zahniser)

By Mara Minwegen
Kirtland Air Force Base, N.M., Public Affairs

Becoming a member of the Air Force Honor Guard is an achievement for any Airman. For a young officer it's especially difficult because there are so few positions available; of roughly 275 there are only five for officers.

Second Lt. Brent Mundie, test capabilities analyst at the Air Force Operational Test and Evaluation Center will be one of those officers. He and his wife, Laura, and their 7-month old daughter, Savannah, will make the long drive east to Bolling Air Force Base, D.C., so he can begin the three year special duty assignment.

The Mundies are happy to be moving closer to family, but will miss their friends here. They both found that Kirtland AFB, N.M., was a place where it is easy to meet people and make friends, he said.

Lieutenant Mundie has been a member of the Kirtland Honor Guard for a year, a job he took when a friend on the honor guard got him interested. He estimates that he's participated in about 30 funerals

and 10 color guards and retirement ceremonies.

He saw the request for applications at the Honor Guard office and gave it some thought.

"I love my Honor Guard job here and thought it would be cool to do that full time," Lieutenant Mundie said.

The four phase application process was complex and concluded with a visit to Kirtland from Lt. Col. Gaylord Thomas, the commander of the Air Force Honor Guard, who conducted the individual interview.

At that point the selection process was down to two candidates.

"He called me the next day and said, 'congratulations,'" Lieutenant Mundie said.

Master Sgt. David McKay, noncommissioned officer in charge of the honor guard here, is not surprised at Lieutenant Mundie's achievement.

"He was selected on his own merit and I'm very proud to have one of our own chosen for such a high honor. He's a quiet leader; the more you work with him the more you see a quiet confidence. He has a good balance between communi-

cating directives and connecting with his people ... he allows people to develop decision making skills on their own."

The new job will include both participation in funerals and administrative duties. Part of his job will be working with Airmen straight out of training, which is something to which he looks forward.

Leadership opportunities are rare in his career field, and he is hoping to broaden his experience in the Honor Guard, he said.

There is a much more important reason to be part of the Air Force Honor Guard for Lieutenant Mundie, however.

"I was an Army brat; my dad is still active duty as a full colonel. I've seen people be deployed and come back from deployment different people. I truly understand the sacrifices military families make. That funeral, that last time with their dad, brother, husband, is a very fitting tribute to a life of sacrifice. Very few things are as satisfying as the heartfelt 'thank you' when I hand somebody that flag," he said.

Retired Navy man makes Eielson wood hobby shop a 'can do' place

SeaBee shares superior skills

Pete Dunham is a "can do" man. The way he carries himself, operates the machinery, and answers questions with certainty, all signs point to - Yes. Can do.

The Eielson Air Force Base, Alaska, wood hobby shop manager is a teacher first. Mr. Dunham feels certain he can teach anyone to operate the wood-crafting tools in his shop in a safe, productive, and satisfying manner. He can assist anyone in building simple to complex projects. He is there for you.

A carpenter and craftsman for more than 21 years, Mr. Dunham leads the certification course for those new to the wood hobby shop's equipment.

He promises to stay by the side of any uncertain woodworker, even after the certification, until they're fully comfortable operating the machinery. Can do!

Walking around the wood shop, his place for two years, he shows the different works in progress that his customers store there. He is proud of the level of work his customers are turning out, and the advancements many have made since they've begun woodworking. Not everyone is a carpenter, he said, but he feels nearly anyone is capable of doing good work, if they take the time.

Real craftsmanship takes time. Whether it's a custom creation, a bookshelf from a kit, or repair work, time, and patience are key.

Mr. Dunham picked up a furniture piece he was working on, showing why the clamps needed to stay in place for an hour or more, then the sanding would take at least another hour. Then the detail work could begin. Who has the time?

"We're here for the troops, first," he said, with conviction.

While the shop is family friendly, and even offers introductory parent-child classes, his dedication to the military member is clear.

The Navy man of 21 years doesn't mince words, "If we can get people in here, maybe we can keep the DUI numbers down." Leaning closer, he said, "Get off the couch and get in here and start doing stuff."



Pete Dunham (foreground) and Senior Airman Joshua Rekstad construct a project at the Eielson Wood Shop. (U.S. Air Force photo/File)

The wood shop manager brings a lot of experience to the table. Two-plus decades with the navy as a SeaBee, Naval Construction Battalion, Mr. Dunham pounded a lot of nails.

Like the Air Force civil engineers, a SeaBee can build, "Just about anything and everything," and he has.

From custom furniture for admirals, to hospitals, he can build it, and he has.

Can do.

Three AFRC youth selected to attend Teen Aviation Camp

By Brandi Mullins
Air Force Reserve Command

This year, Air Force Reserve Command boasts three outstanding youth to attend Teen Aviation Camp at the Air Force Academy in Colorado Springs, Colo.

Trevor Perrault, Elio Mendolia and Monica Bray were three of 105 applicants selected to attend this prestigious camp.

Trevor Perreault, age 16, is the son of retired Air Force member Robert Perreault and Master Sgt. Elaine Perreault of South Hadley, Mass. Both parents work out of Westover Air Reserve Base, Mass., for the 439th Mission Support Squadron. Mr. Perreault is home schooled through Crossroads Christian Academy/Word of Grace Co-op where he maintains a 3.5 GPA. He is a member of the Massachusetts Civil Air Patrol where he serves as a first sergeant, Senior Honor Guard Representative and Color Guard Team leader. He is listed in the Who's Who Among American High School Students and was invited to attend "The Presidential Classroom Scholarship for Excellence in Academics and Leadership" in Washington, D.C.

He is active in his church youth group, where he serves as Youth Group Leader and has traveled to Germany, Hungary, Ukraine and Russia on mission trips. Furthermore, he participates in many community service projects, including the Junior Diabetes

Association Walk-a-thon and church fundraisers. He enjoys playing the drums and is involved with Drama Club and the Toastmasters where he serves as president.

Mr. Perreault plans to attend the Air Force Academy where he plans to pursue a career as a U.S. military officer.

Elio Mendolia, age 15, is the son of Antonino Mendolia and Maj. Colleen Kelley of the 439th Medical Squadron out of Westover ARB. Mr. Mendolia attends Sacred Heart School where he maintains a 3.8 GPA and earned the High Honors Award, Religion Award and President's Academic Achievement Award. He also enjoys athletics and participates in soccer, basketball, snowboarding and band.

In addition to his in school activities, he is active in his church and serves as assistant senior patrol leader for Ethan Allen Troop 355.

Community service projects in which he has participated include road side clean-up, assisting with pre-school class, running a computer booth at the school bazaar fundraiser, collection and sorting of food for holiday baskets, collection of personal items for the needy and participating in school and Boy Scout fundraising. Mr. Mendolia plans to attend college in computers or engineering and become a fighter pilot for the Air Force.

Monica Bray, age 15, is the daughter of Maj. Dean and Mary

Beth Bray. Major Bray is an Air Force Admissions Officer in Denver, Colo. Miss Bray attends Delaware Military Academy where she maintains a 3.75 GPA and serves as platoon administrator in the Navy JROTC.

In school, she participates in volleyball, cheerleading, track, math league and solar sprint. She also enjoys gymnastics where she serves as a teacher to younger students and has been awarded the Girl Scout Silver award and the Girl Scout Silver Leadership award. Furthermore, she has earned a Red Belt II in Tae Kwon Do, plays the flute in the Teen Musicians group at Immaculate Heart of Mary Church and won the title of shot-put champion for the Diocese of Wilmington. Ms. Bray enjoys serving her community through the Girl Scout Aid Program, Delaware State Park and Adopt-A-Highway program.

Miss Bray plans to attend the Air Force Academy and become an Air Force pilot.

Teen Aviation Camp gives rising high school sophomores and juniors the opportunity to experience a slice of Air Force life. The camp is designed for youth who are interested in attending the Air Force Academy or making the Air Force a career. The week long camp features a variety of activities including orienteering, participation in a ropes challenge course, a T-37 simulator experience, and tours of the Air Force Academy.



Laughlin XLer

Senior Airman Renato DeJesus
47th Services Division

Hometown: San Francisco, Calif.

Family: Wife, Grace, and daughter

Time at Laughlin: Two years and 9 months

Time in military service: Three years

Bad habit: Sleeping too much!

Greatest accomplishment: Being a good husband to my wife and a good father to my daughter even when we're thousands of miles apart

Hobbies: Playing and watching sports

Favorite movie: Nothing in particular, but I love watching comedy movies.

If you could spend one hour with any person, who would it be and why?: My family in the Philippines

"He always goes above and beyond. You never have to tell him to take care of anything twice. He's an 'XLent' Airman," Staff Sgt. Sebastian Aboki, 47th Services Division. (U.S. Air Force photo/Senior Airman Olufemi Owolabi)

Dobbins youth selected to attend Missoula Performing Arts Camp

By Brandi Mullins
Air Force Reserve Command

Tory Bethune, age 14, daughter of Master Sgt. Neil and Tonya Bethune of Dobbins Air Reserve Base, Ga., was selected as one of 32 teens to attend the Missoula Performing Arts Camp in Missoula, Mont. The participants will enjoy one week of voice, dance, stage presence and acting seminars in addition to normal camp activities such as arts and crafts, campfires and water activities.

Miss Bethune is a very talented young lady who performed her first solo in church at age 4. By age 5, she took an interest in the violin and then began playing the piano within a few years. Her love is with the piano and vocals as she won first place in her school talent show in the 6th and 8th grade performing music from the Beatles and Faith Hill. She has been selected for Honor Choir and is the lead youth female vocalist at West Cobb Baptist Church. Recently, she has taken an interest in the guitar to round out her musical abilities.

In addition to her musical talents, Miss Bethune maintains a 3.8 GPA and is involved in Family Career Community Leaders of America, Fellowship of Christian Students and serves as an officer in the National Junior Honor Society. She also participates in M.U.S.T., a United Way ministry to feed the homeless.

Her father said that his family has been blessed. Their daughter is a respectful, selfless young lady of which he is very proud. From gospel to contemporary, country to bluegrass, her life has been immersed in music.

FITNESS & SPORTS

Andersen Unit Spotlight

Coral Reef Fitness & Sports Center

The 36th Services Squadron, Andersen Air Force Base, Guam

Flight commander: Capt. Bill Charlton
NCOIC: Master Sgt. Ron Wolshlager

Team members: Military and civilian.
Primary mission: To enhance readiness and performance by providing programs to promote fitness, esprit de corps and quality of life for the greatest number of Air Force members.

Accomplishments: Four-star rating in the new "Five-Star Rating Program."

Also, key to 36th Services Squadron winning both Andersen's 2005 Team of the Year Award and Pacific Air Forces best small services squadron award.

Latest challenge: Hurdles that come with a new facility and exceeding daily customer needs with the wing's busiest quality of life program.

Agencies unit works with: Every unit assigned to Team Andersen.

Hours of operation: Monday through Friday from 4:30 a.m. to midnight and Saturday and Sunday from 6 a.m. to 8 p.m.

Of note: In addition to our six civilian personal trainers, we also have six civilian institution certified military staff that offer free fitness prescriptions, combined for 864 personal training sessions in 2005.

Of interest: We offered exceptional service to more than 188,000 customers in 2005.



Stephen Jackson, recreation specialist and customer service director, assists Leila Potts who is turning in equipment after working out. (U.S. Air Force photos/Airman Evan Carter)



Senior Airman Llias Simpson, recreation specialist, makes final adjustments to setting up the volleyball net.

Scenes from golf at Wright-Patterson



Above, Ron Leach, an equipment operator at Twin Base Golf Club, cuts the greens at hole 18. Mr. Leach used a reel mower to cut the bent grass to the proper height.



Above, Shannon Pearson, golf course superintendent at Prairie Trace Golf Club, creates a new hole on the practice putting green. New holes are dug regularly to maintain even wear on the putting surface.



Above, George Cutter, pro shop manager at Prairie Trace Golf Club, talks about club head angle as it relates to the shaft. A golfer's height plays a role in determining the correct angle for proper contact with the ball. (U.S. Air Force photos/Spencer Lane)



Above, Jim Thomas takes a bit of the ground with the ball as he practices on the driving range at Twin Base Golf Club. Mr. Thomas retired from Air Force Logistics Command in 1982.

Left, Air Force Reserve Capt. Brian Bullerman readies his stance as he practices chipping from the berm on the putting green at Prairie Trace Golf Club.

Travis Family Fitness Room has grand opening

By: Desi Fernandez
60th Services Squadron Marketing & Publicity

The Family Fitness Room at the Travis Air Force Base, Calif., Fitness Center held its grand opening recently, hosted by the 60th Services Squadron.

Travis AFB is one of the few bases to offer this ingenious program designed to give parents the opportunity to bring their young children to the fitness center, while being able to work on their fitness goals at the same time.

Customers will be able to utilize the facilities' equipment, which includes two bikes, two stair steppers, a cross trainer, dumbbells, a lat pull-down and a sit-up board, while their children are enclosed in a safe, child friendly area within direct view of them.

Parents and/or legal guardians are fully responsible for their own children at all times while in the Family Fitness Room. The child area is divided up into two sections: The "Rugrat" area for children six weeks to 11 months and the "Munchkin"

area for children ages 1 to 6 years. Children will be mesmerized with the creatively designed walls that were painted by volunteers.

The Family Fitness Room is located in the former boxing room. The space is large enough to accommodate a maximum of eight adults and five children in each play area section. Parents are required to provide their own toys for their children, and are responsible for removing them after their workout.



From left, Tanya Graves, Travis Fitness Center Director; Honour Zucco, Travis Officer's Spouse's Club; Col. Lyn Sherlock 60th AMW commander, and Jan Tyson, Travis Enlisted Spouses Club cut the grand opening ribbon. (U.S. Air Force photos/Allison McQueen)



View of Family Fitness Room



This mural, voted most popular, was painted by the 60th Services Squadron Marketing Team. Bright colors and a family of caterpillars dominate the wall.

Wind Creek Golf Course gets 'Ladies on the Links'

**By Senior Airman Jacque Lickteig
Sheppard Air Force Base, Texas, Public
Affairs**

Golf had a more feminine flair recently at the Wind Creek Golf Course at Sheppard Air Force Base, Texas.

The course kicked off its first session of the Ladies on the Links program.

In the program, course manager Jeff Gutierrez and other instructors teach women the fundamental mechanics of golf in group lessons.

During the lessons, he said they create and maintain a comfortable, open-communication environment so the women can comfortably ask questions they might otherwise not ask other golfers or other instructors in a different dynamic.

"It was awesome," program participant Davena McMillian said. "We were able to blurt out our questions. Jeff and Kris (Tackitt) were really friendly and informative."

Mr. Gutierrez said through feedback, he heard the biggest reasons most women don't play the

game as often as men here are because they don't understand the golf culture and they don't have other women to play with.

To solve this, after the lesson, the golf course hosted a social hour in which the women talked golf with the instructors and networked with one another in search of a playing partner.

Ms. McMillian said she was interested in the program because she wanted to learn the basics without feeling intimidated, but she never took up golf before because she thought it was too expensive - a thought other women shared.

Mr. Gutierrez said cost and commitment were other factors why women didn't play as much as men, ones that he minimized in this program. The lessons are only \$10 a week. He said he'd even loan golf clubs to those who don't have any.

"The price was totally reasonable," Ms. McMillian said. "It was cheap and well worth the money."

Mr. Gutierrez erased the commitment issue by designing the program to be one that participants don't have to register for or pay for



From left, Kris Tackitt, a golf instructor at Wind Creek Golf Course at Sheppard Air Force Base, Texas, shows Ingrid Ford how to properly hold a golf club. (U.S. Air Force photo/Lou Ann Sledge)

in advance. If a woman is interested, all she has to do is show up for that lesson with \$10 in hand. Doing so doesn't commit her for the rest of the program either. Women can go to as few or as many lessons as they choose.

Now under construction

Waylan Cobb, left, and Chris Norwood of Mass Movement, Arlington, Texas, set up a Hammer Strength machine in the new \$6.6 million Lackland Air Force Base, Texas, Training Annex Medina Fitness Center. Sergeant Johnson, a 37th Mission Support Group fitness specialist who will be NCO in charge of the new facility when it opens in several months, said it has \$300,000 in fitness equipment, including 25 cardio workout machines, 36 spinning bikes and a room full of strength machines. "It will be the only fitness center with a juke box, and a massage therapist will have her own room," he said. (U.S. Air Force photo/File)



Spang fitness center scores Air Force five-star recognition

By Mark Warner
52nd Services Squadron

Officials recently confirmed Skelton Memorial Fitness Center's commitment to excellence by honoring the Spangdahlem Air Base, Germany, facility with the Air Force Fitness Center Five-Star Recognition Program award.

Col. Dave Goldfein, 52nd Fighter Wing commander, formally presented the plaque recognizing the outstanding accomplishment to the center's staff.

"I get to talk with all levels of (U.S. Air Forces in Europe) leadership, and the one thing I always hear is the Skelton Memorial Fitness Center is a cut above the rest," Colonel Goldfein said. "It's easy to earn a five-star award with a recently constructed facility, but to garner this honor with this building is a testament to the excellence of the staff here at the center."

The award was a direct result of the dedicated staff, who oversee an average of 1,200 customers daily.

"Our people make it happen," said Mark Geairn, facility director.

"We overcame so much to win this award; an outdated facility, minimum manning due to deployments and limited funding."

The Air Force-level program annually recognizes fitness centers that excel in five areas: operations, programs, training, facilities and customer service.

Fitness centers must achieve 90 percent or higher of the total point value for each category to qualify.

The Skelton Memorial Fitness Center is the only USAFE facility to win the five-star rating this year.

Airmen take home bronze at World Cup

By Master Sgt. Jeffrey Julig
AF International Trap Team

An Air Force officer recently competed against the world's best shotgun shooters as a member of the U.S. National Shotgun team. In a two-day international (Olympic) trap match, the U.S. team took home a World Cup medal on its way to the 2008 Olympic games.

Maj. Mike Herman from Schriever Air Force Base, Colo., won the bronze medal for the United States, finishing ahead of 67 international competitors representing more than 30 countries. Major Herman is the captain of

the Air Force International Trap team and a 13-year veteran of the U.S. National Shotgun team.

At the end of the 125-target qualification round, Major Herman was tied for sixth with five other competitors, each breaking 121 targets. Only the top six shooters would advance to the 25-target final event to compete for the gold medal. Major Herman claimed the last position in the medal round after winning a dramatic sudden death miss-and-out shoot-off to break the tie. He outlasted his competition by breaking five targets in the shoot-off.

In the final round, at the end of the 25-target final he moved from sixth into a third place tie with Manavjit Singh Sandhu from India. After winning his second shoot-off by breaking five targets, Major Herman captured third place behind Italy's Massimo Fabbrizi and Portugal's Manuel Silva. To win the gold medal, Mr. Fabbrizi equaled the final world record in this event, finishing just four targets ahead of Major Herman.

This medal, Major Herman's third in international competition, validates his training regimen and commitment as he enters the Air Force

World Class Athlete Program to train for the 2008 U.S. Olympic Team.

He was an alternate on the 2004 Olympic Shooting Team.

"Competing and winning at the Olympics is the ultimate goal for any international shooter" Major Herman said. "I was proud to represent my country at the China World Cup and will continue to work hard and lead my teammates to victory."

Shooting team Airmen train while off duty and set the standard for marksmanship within the Air Force.



Classes keep Wolf Pack 'Fit to Fight'

Keith Walker, group exercise coordinator, teaches spin class Monday at the Wolf Pack fitness center. Spin is an indoor cycle class that uses stationary bikes at various intensity intervals with little to no impact. (U.S. Air Force photo/Staff Sgt. Josef Cole)

By Staff Sgt. Erien Clark-Chasse
Kunsan Air Base, Korea, Public Affairs

At a time when every Air Force member needs to be Fit to Fight, not just for their health but to keep up with an ever increasing operations tempo, the Kunsan Air Base, Korea, Wolf Pack Fitness Center lends a hand by offering 21 free classes each week.

A variety of classes are available, from kick boxing and spin to low impact classes like Pilates and Yoga.

"The best part of teaching classes for me is watching mem-

bers enjoy their workout and seeing results," said Keith Walker, the group exercise coordinator.

Mr. Walker is responsible for ensuring the class schedule is balanced and acts as the advocate for instructors. He also handles requests from units to have an instructor come out and run a class for physical training.

"Our instructors here are all hard working and great to work with," said Mr. Walker, a six-year instructor.

Being an instructor has it's own rewards, according to Yoga instructor Brooke Brander.

"The best part about being an instructor is seeing new people show up to class and then return to your class week after week," she said.

The biggest challenge that Mr. Walker faces right now is a shortage of instructors.

Currently Kunsan has only three certified instructors due to PCS turnover.

Ideally, he said, he would like to see five to eight Wolf Pack members step up to the challenge.

"The hardest part of this job is finding certified instructors to teach," said Mr. Walker.



Double the holes in one

John Pierce, 7th Services Squadron at Dyess Air Force Base, Texas, retrieves his golf ball on hole No. 8 recently. It was the same hole where he hit a hole in one a week earlier. Mario Sanchez also hit a hole in one on the same day and the same hole. (U.S. Air Force photo/Airman 1st Class Chris Walkenhorst)

Fitness, at work

Fitness specialists keep Andrews fit

By Margo Turner**Andrews Air Force Base, Md., Public Affairs**

When service members and civilians who live and work on Andrews Air Force Base, Md., want to improve their physical fitness levels and health, they come to the West and East Fitness Centers, where they receive instruction and guidance from the staff.

More than 400 people work out daily at the fitness centers, said Master Sgt. Darryl Brown, 89th Services Squadron Fitness Program director. The centers combined average 3,000 people weekly.

Sergeant Brown said he divides his time between the two fitness centers.

"I've seen tremendous improvements in many folks who've participated in our formalized fitness programs," he said. "I've had the opportunity of observing people transition from sluggish beings to energized fitness models, obese to trim, flabby to 'ripped,' smoker/drinker to cold turkey and out of shape to 'fit.'"

The scheduling of all sports programs is the responsibility of Staff Sgt. Latoya Maiden, 89th SVS Sports Program director at the East Fitness Center.

"I have learned how to set up sports programs and tournaments as well as the correct way to exercise," she said.

Helping people meet their physical potential is important to Senior Airman Beverly Simpson, 89th SVS fitness specialist at the West Fitness Center.

"We have more people wanting to participate in physical fitness programs," said Airman Simpson.

Senior Airman Jeffery Armitage, 89th SVS Assistant Fitness Program director at the West Fitness Center, also worked previously in lodging before coming to Andrews three years ago.

There are various reasons why people come to the fitness centers.

Staff Sgt. Carl Sole, 89th Security Forces Squadron Military Working Dog handler, works out regularly at the West Fitness Center to stay in shape.

"When I get older, I won't have to work as hard," said Sergeant Sole.

Military retirees also take an advantage of working out at the fitness centers on Andrews.

Francois Duncan, wife of retired Army Sgt. Maj. John Duncan, has worked out regularly at the West Fitness Center for the past 18 years.

"I love this gym," said Mrs. Duncan. Every piece of equipment here is good."

All servicemembers, including the Reserves and Guard, and Department of Defense civilian employees, government representatives, military retirees and dependents may use the fitness centers, he said.

Many fitness center patrons take advantage of the personal training program, said Sergeant Brown.

"There are numerous explanations people give when they sign up for personal training programs," he said. "One reason is that an individual has received specific instructions from their primary care

manager to begin an exercise program for health improvement. There are also folks who haven't been in a fitness workout in decades. This is where our certified fitness experts step in and provide helpful assistance."

Fitness specialists are required to take a two-week course in nutrition and proper exercise techniques at Lackland Air Force Base, Texas, said Sergeant Maiden. Upon completion of the course, they are certified as personal trainers.

In addition to the various fitness programs and personal training, the West Fitness Center offers a 5K run once month.

"Certificates and achievements in fitness study courses are a great accomplishment, however, the true benefits and rewards come when individuals make positive health changes on account of the fitness programs our staff provide on their behalf," he said.



Senior Airman Morgan Johnson monitors the progress level of Lt. Col. Randy Robertson while he uses a treadmill during his workout. Airman Johnson is a 89th Services Squadron fitness specialist. Colonel Robertson is the 89th Communications Squadron commander. (U.S. Air Force photo/Bobby Jones)



Boxing class a big 'hit,' recipe for stress relief

Mark Riedel throws a right cross at the heavy bag recently at the Wright Field Fitness Center in Area B. Located on the second floor of the center is a ring and boxing equipment, including a speed bag and double end bag. (U.S. Air Force photo/Spencer Lane)

By James Baker
Wright-Patterson Air Force Base, Ohio,
Public Affairs

The Wright Field Fitness Center at Wright-Patterson Air Force Base, Ohio, offers boxing classes three days a week that allows Airmen the chance to release some pent up frustration while having a good time and a great workout.

The boxing class is for people who want to compete at an amateur level and offers them drills, sparring and various training techniques. The class is taught by Olympic-level coach Al Parson, who

has trained many amateur national champions. He is assisted by Lt. Col. Gary Deaton, the 88th Contracting Squadron commander.

The class usually has full participation with anywhere from 15 to 20 students working on their conditioning and learning the "ins and outs" of the ring.

"We have all ranges of people attend our classes and are set up for whatever interests you," Deaton said. "You can spar, learn basic boxing drills, get a great workout or go compete against others."

Second Lt. Kristy Rochon, of 88th Air Base Wing Public Affairs, attended several inaugural classes and said it was a great stress reliever.

"I enjoy anything that allows me to hit something," she said. "People also don't realize what a great workout it is to punch something continuously for a minute and a half."

Deaton said they always emphasize the patron's well-being in all classes.

"We strive for safety first and have never had any serious injuries," he said. "We use full safety gear, matching of partners and complete supervision at all times."

The class is part of the successful Close Combat Skills Training classes that began in March at the center. The program offers grappling, Muay Thai kickboxing, pugil sticks and American Kempo.

AF wrestlers compete in Vegas

By Senior Airman Travis Edwards
Nellis AFB, Nev.

The Air Force wrestling team competed recently in the USA National Senior Men's and Women's Wrestling Championships at the Las Vegas Convention Center.

Of the approximately 30 Air Force members who competed, one was able to advance all the way to the USA Wrestling World Team Trials.

Anthony Brooker went on to place seventh overall in his division — the Greco-Roman 55-kilogram weight class. He is with the 76th Helicopter Squadron at Vandenberg Air Force Base, Calif. He took the title by besting fellow teammate Jared Moreland from Cannon AFB, N.M.

Jared Moreland performs a lift and toss on Anthony Brooker at the USA National Senior Men's and Women's Wrestling Championships in Las Vegas. (U.S. Air Force photo/Master Sgt. Robert Valenca)



Half marathon qualifies runners for 10th annual Air Force Marathon



More than 25 runners participated in the recent 13-mile marathon. Many runners competed in order to qualify for the 10th Annual Air Force Marathon Sept. 16 at Wright Patterson Air Force Base, Ohio. (U.S. Air Force photo/Airman Gustavo Gonzalez)

By Airman 1st Class Tong Duong
Luke Air Force Base, Ariz., Public Affairs

More than 27 runners gathered outside the Luke Air Force Base, Ariz., fitness center to participate in a recent 13-mile marathon. The event drew runners as young as 15 years old and as seasoned as 70 years old.

The first place male, Joshua Terwoord, 56th Aircraft Maintenance Squadron, finished with a time of 1:24:42.

Terwoord participated in the 2005 AF Marathon and took first place in his age group and third over all out of 1,500 participants.

The first place female finisher, Kimberly Whipple, 56th Medical Group, came in at 1:39:42.

The average runner finished with a time of 1:50:00 said Holly Loria, 56th Services Squadron.

Participants started at the fitness center and ran the eight mile perimeter of the base, in addition to a five-mile course within the base. Some participants came to qualify for the 10th Annual Air Force Marathon, while others did it for the fitness benefits.

"Although I came out to beat the time I set during the PF Chang marathon in January, I would be more than willing to run the Air Force marathon if my time qualifies," said Whipple, who finished two minutes faster than her PF Chang time.

All participating runners were given a T-shirt and medallion to commemorate their completion of such a feat.

The first place winners for May Fitness Month 5-kilometer run were Nick Helms, 62nd Fighter Squadron and Jessica Piech, 56th Services Squadron.



CANNON BALL!

Seven-year-old Michael Reeves jumps into the Lackland Air Force Base, Texas, Warhawk pool recently during a "sneak peek" opening. Michael is the son of Cindy and Master Sgt. Danny Reeves, who recently returned from his remote tour in Korea. All outdoor base pools are now officially open for business, but according to David Greene of 37th Services Division, they had the manpower to open the Warhawk pool one week early. (U.S. Air Force photo/Alan Boedeker)

So long couch potatoes, junk food, video junkies **D-M Fit Factor produces healthier youth**

By Chris Sweeney
355th Services Squadron

More than 100 Davis-Monthan Air Force Base, Ariz., youth are working hard to stay fit and healthy, thanks in part to the Air Force's Fit Factor program that kicked off late last year.

The program targets youth, ages nine to 18 years, encourages them to make healthy eating choices and to get involved in daily physical activities.

"Since the program was launched in October 2005, D-M has reached 100 youth (who have) enrolled in the program," said Marcus Forte, D-M Youth Center director. "We are extremely pleased with the success of Fit Factor at D-M and we fully expect these numbers to rise over the summer as more youth hear about the program and get involved in indoor and outdoor activities, both on their own and with their families."

"Youths can earn up to 100 points per day by participating in activities they're already doing," said Mary Schuler, D-M Youth Center sports coordinator. "Our youth earn points for doing chores around the house,

playing sports, making healthy eating choices, like eating vegetables and staying away from soda and candy and attending Fit Factor classes at the youth center."

The Fit Factor Web site lists more than 175 different activities choices for youth to choose from to earn points, with various prizes and gifts awarded for each level achieved.

"We have several youth here at D-M who have achieved their "Adventure" level with 15,000 points completed," Ms. Schuler said. "Accumulating that many points in minimum time is a big achievement for the children."

Two of the children who have reached the next to last level are Greg and Kylelynn Vinueza, son and daughter of Lorie and Cesar Vinueza, 355th Aerospace Medical Squadron.

"I didn't miss many days earning points," Mr. Vinueza said. "My sister (and I) were already involved in a lot of activities."

"I enjoy the weekly Fit Factor classes at the youth center," Ms. Vinueza said. "Especially the ones where we come up with ideas for some of the activities, like the 'Steal

the Bacon' game or indoor hockey using a wobble ball. It makes the games a lot more fun."

Mr. Vinueza said. "We plan to max out our point's every day and I know our dad will remind us about it, too. When he

was (on a temporary duty assignment) all the way to South America last week, he still called to ask us if we did our chores and activities, so you know there's no way we're going to forget."



Putt, putt

Maj. Michael Turley perfects his putting stroke with a few tips from Jeff Melton at the Little Rock Air Force Base, Ark., golf course practice green located on base recently. (U.S. Air Force photo/Airman Steele Britton)

Record numbers participate in bowl by mail

By Wright-Patterson Air Force Base, Ohio, Public Affairs

This year, representatives of the Air Force-wide Bowl by Mail Program witnessed nearly 3,200 youth from 70 different bases competing for top honors in four different age groups, ranging from 5-18 years old.

For the first time in Wright-Patterson Air Force Base, Ohio, history, the base had representatives for all age and gender categories with an

amazing turnout of 42 participants. When the results were in and final, Wright-Patterson had a winner in the 2006 Bowl by Mail event.

Heather Gyms placed second in the high series for ages 5-8 years old in the female category out of all Air Force-wide participants.

She placed first in both high games and high series at the base level, which allowed her to move on to Air Force competition.



Heather Gyms takes the Bowl by Mail event literally. She took second place Air Force-wide in the high series category for girls age 5-8. She also took first place among Wright-Patterson Air Force Base, Ohio, young people in both high game and high series for 5- to 8-year-old girls. (U.S. Air Force photo/Lindsay Thomas)

Miss Gyms competed last year, placing first at base level; however, her scores were shy of advancing on to Air Force-wide competition. With a year under her belt in this year's competition, she posted a new result; she rolled her way to another base-level first place finish for both categories of high

game, as well as high series, and second in high series within the Air Force competition.

Wright-Patterson winners were recognized with an awards presentation at the Prairies Youth Center. Miss Gyms received additional awards for her overall Air Force victory.



Driving ambition

Staff Sgt. Clinton Prescott, 23rd Fighter Squadron crew chief, practices his swing at the Eifel Mountain Golf Course Driving Range at Spangdahlem Air Base, Germany, in preparation for his first game of the base golf season. The cost is \$1 for a bucket of 10 balls, and a range club rental is \$2 on base. The daily greens fee for an 18-hole game for E-5s and above is \$15, and for E-4s and below is \$11. (U.S. Air Force photo/Staff Sgt. Jennifer Lindsey)



Glen Emerson is no dumbbell, although he lifts them during his mature fitness class at Tinker's Gerrity Fitness and Sports Center. (U.S. Air Force photo/File)

Mature adult health classes at Tinker

By Becky Pillifant
72nd Services Squadron

A free mature adult morning health exercise class is now being offered at the Gerrity Fitness and Sports Center, at Tinker Air Force Base, Okla.

This new class is designed for the mature adult age 60 and above who want to take charge of their bodies or just want to get in shape!

The class leader is Glen Emerson, who is in great shape at 84 years of age. Mr. Emerson said, "Exercise is the silver bullet for older people who want to feel better and stay active." Older people

often have problems reaching for items on a store shelf, gripping and lifting objects.

In many cases these difficulties can be improved with some simple exercises using light weights. By walking and using light weight and moving your arms and shoulders you can get a total body workout. Breathing can also be difficult and in many cases be improved through breathing exercises. With time participants should build up their body strength.

The Gerrity Fitness Center, one of the four centers at Tinker AFB, is dedicated to keeping Team Tinker in shape, no matter what your age.

Course offers fun, competitiveness for youth golfers

Story and photos by 2nd Lt. John Griffin
Andersen Air Force Base, Guam, Public Affairs

Two of Palm Tree Golf Course's regulars are on their way from Andersen Air Force Base, Guam, to California to compete in a world championship tournament.



David Thompson drives the ball during the qualifying tournament.

David and Richard Thompson, sons of retired Air Force Master Sgt. Sherman Thompson, placed third and fourth in the Calloway Golf Junior Golf World Championship qualifying tournament recently at the Admiral Nimitz golf course.

"We have fun but we practice a lot, too," David said. "It's nice to be competitive, but it'll be better when we win."

Recognizable on sight by Andersen's frequent golfers, the brothers can be seen almost nightly on the driving ranges and practice greens.

Sergeant Thompson spent 20 years in the Air Force and discovered his sons' golf talent a few years ago and has always supported them.

"Junior golf is a great program for young people," he said. "It's a sport that lasts a lifetime. You can start at 7 and still play at 70."

Andersen's new golf pro, Robert Icban, also supports the program.

"Having a place to practice, like the Palm Tree Golf Course, does a lot for their game," Mr. Icban said. "We have a great driving range and an excellent course."



Richard Thompson strokes a putt during the youth tournament.

Senior NCO runs, makes fitness contagious at 39th IOS

By 1st Lt. Heather Alden
39th Information Operation Squadron

Master Sgt. Charles "Tom" Rados was, by his own admission, "the guy in the squadron who wouldn't run more than 1.5 miles unless someone was chasing him with a bazooka." His lack of motivation toward running and physical fitness showed as he squeaked by his 2004 and 2005 fitness tests.

Feeling sick and in pain for a week after running just a mile and a half for his 2005 test and not wanting to fall into the "I don't have to do this again for another year" mindset, Sergeant Rados decided to change his attitude. So he and his wife signed up for the 2006 Disney half marathon. His goal was to begin training in October to be able to run the 13.1 mile half marathon in January.

Today, the Hurlburt Field, Fla., master sergeant runs for fun and has completed the Disney half marathon, Pensacola Double Bridge Run, Pensacola Half Marathon, Hurlburt Field four-mile Poker Run and the McGuire's St. Patrick's Day 5K. He is in training to run the 10th Annual Air Force marathon this September and the Disney Goofy Run and a Half, a marathon and a half in two days, in January 2007.

But getting this comfortable with running wasn't easy. Sergeant Rados began his running program with a little help and advice from the professionals from the Riptide Fitness Center.

Plagued by sore legs and breathing trouble when running, Sergeant Rados began working with Brian Lewis, 16th Services Squadron personal trainer, in August 2005, to improve his leg strength and cardiovascular endurance.

"Tom was successful in his training because of his enthusiasm," said Mr. Lewis. "I see people in here all the time who know they need to improve their fitness levels, but if they don't have the drive or enthusiasm to make a true commitment to their physical health, they don't get very far."

To prepare his body for his running training, Mr. Lewis worked with Sergeant Rados to develop a circuit weight training program to strengthen the master sergeant's legs, abs and upper body.

"Once my running schedule kicked off, I was able to complete my short three-mile runs at a comfortable pace," said Sergeant Rados. "What is funny is my first short mile run was a three-miler, which is further than I had run since high school. It wasn't until after I finished it that I realized that 'Hey I just ran three miles and I'm not dying!'"

The enthusiasm that Sergeant Rados displayed toward reaching his personal running and fitness goals was contagious. He inspired 14 of his coworkers and students to run the Pensacola Double Bridge run, a 15K race.

"Tom's contagious attitude is great," said Lt. Col. Ted Settlemire, 39th IOS commander. "I'm looking



Master Sgt. Charles "Tom" Rados, at the 12.5 mile mark in the front of the Epcot Center's Spaceship Earth, is in the finishing stretch of the Disney Half Marathon. Less than a year after having difficulty running the Air Force's required 1.5 miles, Sergeant Rados finished the 13.1 mile race at a 10:51 pace. (U.S. Air Force photo/File)

forward to running my first marathon with him and a few other squadron members this September at the Air Force Marathon at Wright-Patterson Air Force Base, Ohio."

Today, his run times for the fitness test are not Olympic-medal-winning, but his general health and feeling toward physical fitness have improved tremendously.

"I'm really proud of Sergeant Rados," said Colonel Settlemire. "This is what the fitness program is all about; it's not just a once a year test but an all around improvement in our level of fitness."

Eglin Youth Center opens new running track

Story and photo by Amy Zimmer
96th Services Squadron

Students, staff and guests of Oak Hill Elementary School gathered recently for the opening ceremony of the Eglin Air Force Base, Fla., Youth Center's new, state-of-the-art track, located on base next to Oak Hill Elementary school.

"We want you to think of this as your track," said Col. Edmond Keith, 96th Air Base Wing commander.

Colonel Keith and Lt. Col. Tom Reppart, 96th Services Squadron commander, explained to the crowd that they wanted to put this track in a place where the Youth Center, the students, the teachers and staff, and other members of the community could use it as a community

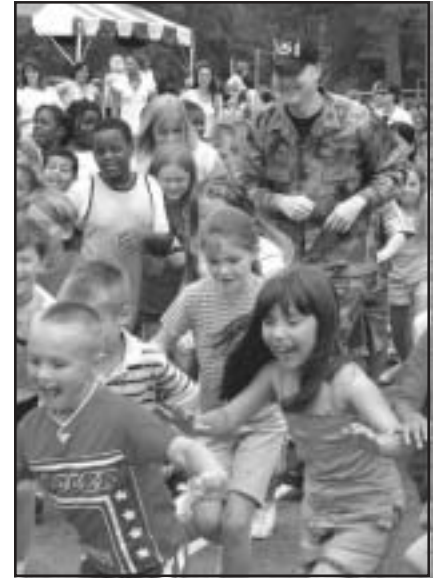
gathering place for fitness and de-stressing.

Thanking Colonel Keith and the wing for funding the Youth Center's track and for allowing the school to use the facility, Dr. Connie Hall, the school's principal, told her students to say "thank you" to every person they see in uniform.

"Thanks to them," she said, "we have the best track in the whole Okaloosa County School District."

After the ceremonial ribbon was cut twice — one time accidentally before the photo op was ready — Colonel Keith and Colonel Reppart led all the students around the track for a christening run.

The Youth Center track is located on Chinquapin Drive next to the elementary school.



Col. Edmond Keith, 96th Air Base Wing commander, christens the new track with the help of a few friends.



FROM THE FRONTLINES

Ringer

The 407th Expeditionary Services Squadron held a singles horseshoe competition and a doubles horseshoe competition recently. Master Sgt. Mike Bauer, 407th Expeditionary Civil Engineer Squadron, tries for the ringer during a doubles horseshoe competition as Senior Airman Rob Dill, also from the 407th ECES, waits his turn. The winners were Master Sgts. Jeff Stebbins and James Fitzgerald, with the 407th ECES. Second place went to Sergeant Bauer and Staff Sgt. Brian Behning, 407th ECES. Each team received a T-shirt. (U.S. Air Force photo/Master Sgt. Jon Hanson)

Snapped around Services photo back page



Bad Karma, good Karma

Karma's eyes light up soon after being slammed to the ground by her opponent Michelle Morgan during the "Special Ladies Attraction" segment of the Superstars of Wrestling's "Battle of the Barracks II." Karma later went on to defeat Morgan in a surprising upset. The second Battle of the Barracks free event took place recently in the Kunsan Air Base, Korea, fitness center. (U.S. Air Force photo/Senior Airman Stephen Collier)

You can do it!

Abigail Hansen, daughter of Suzanne and Lt. Col Ralph Hansen, 355th Fighter Squadron director of operations, learns how to use a stationary bike at the Eielson Air Force Base, Alaska, fitness center with the guidance of youth staff member Tracy Wilson. Abigail attends the Pro-Fit classes that are designed to teach youth about circuit training, nutritional guidance and how to use cardio equipment. (U.S. Air Force photo/Sarah Nolin)



On the way up

Airmen from the First-Term Airman Course climb the 20 foot rock wall recently at the Whiteman Air Force Base, Mo., outdoor recreation center. Certification classes are required to use the rock wall. (U.S. Air Force photo/Airman 1st Class Jason Burt)